



SUGARFREE BERRY OAT BARS

FOR YOUR DOUGH

- 50g Riceflour
- 300g Oats
- 80g Agavesirup
- 50g Ricesirup
- 120g Oil
- 1/4 teaspoon Salt
- 1/8 teaspoon Vanilla
- Lemon Zest

FOR YOUR BERRIES

- 350g Berries
- 50g Cornstarch
- 50g Agavesirup
- some Salt, Vanilla and Lemon Zest

- 1 Preheat your oven to 170 °C. Put 130g of your oats into your standing mixer to form oat flour. Mix all of your dry ingredients except for the cornstarch.
- 2 Add 80g of the agave sirup, the 50g rice sirup and the oil to your dry ingredients and form a crumbly dough with your hands.
- 3 Press 2/3 of your dough into your baking pan to form the base of your bars and bake it for 15 min at 170° degrees
- 4 Mix the berries of your choice with cornstarch and the remaining 50g agave sirup and add some vanilla, salt and lemon zest. Spread your berry mixture on the pre-baked base and cover it with the remaining third of your dough mixture to form crumbs.
- 5 Bake your berry bars for another 35 min and let them cool off a little before cutting them into the shape of your choice. Enjoy

VEGANGLUTENFREE***SUGARFREE***NUTFREE***



PREPARATION: 15 min
BAKING: 1 hour

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