

Jam Bar Cookies

1 c rolled oats

1 c almond meal/flour

1 c coconut flour

1/2 tsp salt

1/2 tsp cinnamon

1/2 tsp vanilla powder

1/2 tsp baking soda

1/2 c honey

1/2 c canola oil

1 (10 oz) jar of jam

1/2 c almonds, coarsely chopped

Preheat oven to 350F; line an 8- by 8-inch baking pan with parchment paper, allowing the paper to drape over the edges of the pan. In a food processor, process the oats until they form a fine powder; pulse in the almond meal, coconut flour, salt, cinnamon, vanilla powder, and baking soda until combined. In a medium bowl, whisk together the honey and oil; mix the dry ingredients into the wet.

Press half of the dough into the bottom of the prepared pan, then spread the jam on top of the dough. Use a fork to crumble the remaining half of the dough (so that it has a texture similar to crumble topping), then sprinkle it on top of the jam layer. Spread the almonds on top of the dough, then use your hands to gently press down on the top.

Bake for 22 minutes; cool completely before cutting.

Thanks for Submitting.....U Fletcher