

Berry Crumble Bars

Blackberry Jam

- 3 cups of fresh or frozen berries (strawberries, blackberries raspberries, et al)
 - ½ cup sweetener of your choice
 - 1 tbsp lemon juice
 - 1 tsp vanilla extract or powder (optional)
1. It's best to use frozen fruit because as they thaw, they release their own juices and make for a much nicer jam consistency and flavour.

If using frozen berries

1. Combine all ingredients in a suitably sized mixing bowl (fruit doesn't need to be thawed).
2. Put the entire bowl in the dehydrator, at the lowest temp setting, for 8 hours or until the mixture has reduced by ⅓ - ½.
3. Allow to cool at room temp before storing in an airtight container in the fridge for up to 1 month.

If using fresh berries

1. Combine all ingredients in a suitably sized mixing bowl.
2. Using your hands, squeeze the fruit to release their natural juices, but leave them slightly in tact and chunky.
3. Put the entire bowl in the dehydrator, at the lowest temp setting, for 8 hours or until the mixture has reduced by ⅓ - ½.
4. Allow to cool at room temp before storing in an airtight container in the fridge for up to 1 month

Blonde Cake

- 85g (½ cup) buckwheat, soaked 1 hour, sprouted 12 hours
- 80g (¼ cup) maple syrup or honey
- 2 tbsp water, if needed to help blend

- 65g (½ cup) ground almonds
- 30g (¼ cup) coconut flour
- 10g (1 tbsp) psyllium husk
- Pinch of sea salt
- ½ tsp vanilla extract

1. Before using the buckwheat, give it another rinse in a sieve and then allow it to drip dry for 5 minutes to remove as much excess water as possible.
2. Blend the buckwheat and honey/maple in a food processor to break down into a fine dough consistency.
3. Add the remaining ingredients and process to combine. Let the dough sit for a few minutes to firm up.
4. Roll the dough out to a ½-¾ inch thickness between two pieces of teflex or greaseproof paper. Dust with oat flour or lucuma, if needed to avoid it sticking while rolling.
5. Cut the dough into a large square.
6. Dehydrate for 8 hours or until firm enough to flip onto a mesh tray to continue drying until dry on the outside and soft inside.
7. Once ready, cover in jam and sprinkle with Almond Crumble of your choice.
8. Set in the fridge for 30 mins before slicing.
9. Store in an airtight container in the fridge for up to 5 days or in the freezer for several months.

Almond Crumble

- 75g (½ cup) activated almonds
 - 100g (1 cup) gluten free rolled oats
 - 75g (⅓ cup) coconut sugar

 - 20g (1 ½ tbsp) golden flax, powdered
 - 25g (1 ½ tbsp) water
 - ½ tsp vanilla powder or 3 drops vanilla MFE

 - 15g (1 tbsp) coconut oil, melted
 - 20g (1 ½ tbsp) almond butter
1. Process the almonds until they are broken down, but still some halves remaining, so not too broken down.
 2. Add the oats and coconut sugar and process till it's all combined and the texture you'd like. I like it rather chunky so it has good texture similar to granola.
 3. Transfer to a mixing bowl, add the oil and butter and hand mix to thoroughly combine.
 4. This will get firm if you let it sit for too long, so best to pop on top of the crumble now.
 5. Best way to get it on there is by lightly scattering it on top so it's not too heavy of a layer.
 6. Gently press it down to it all sticks once it's firmed up.
 7. Pop in the fridge or freezer just to firm enough to cut it into bars or shapes of your choosing.
 8. These will keep in the fridge for 5 days and in the freezer for months - either way, in an airtight container.