

# Strawberry Oatmeal Bars

## Ingredients

### For the Strawberry Bars:

- 130g porridge oats or gluten free
- 95g plain flour or gluten free
- 40g light brown sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 6 tablespoons coconut oil or butter (melted)
- 260g diced strawberries
- 1 teaspoon flaxseed
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon sugar

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## Instructions

- Place a rack in the centre of your oven and preheat to 190 degrees. Line an 8x8-inch baking pan with baking paper so that the paper overhangs two sides like handles.
- In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the coconut oil and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 70g of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.
- Scatter half of the strawberries over the crust. Sprinkle the flaxseed evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. You will have some fruit showing through.
- Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool *completely* (you can speed this process along in the refrigerator).