

Black Berry Almond Pie Bar



BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

For breads, rolls, and other yeast-raised baked goods: Increase liquids $\frac{1}{4}$ cup (60g) at a time until you reach the desired dough consistency.

For cookies: Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more: Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

Ingredients

- 2 cups [Flourish Flour](#)
- 3 tbsp coconut oil, melted
- 2 tbsp sour cream
- 1 tsp vanilla extract
- 4 tsp pink Himalayan salt
- 10 oz fresh raspberries
- 2 tbsp erythritol
- 15 drops liquid stevia
- 1 tsp vanilla extract
- $\frac{1}{4}$ tsp pink Himalayan salt
- $\frac{1}{4}$ cup sliced almonds

Instructions

1. Preheat the oven to 350°F and Line 8 x 8 square baking dish with parchment paper.
2. Combine all the crust ingredients in a large mixing bowl using a whisk or hand mixer until fully combined.
3. Add the dough to the lined baking dish and press into the bottom of the baking sheet.
4. Bake the crust for 12 minutes. Remove from the oven and let cool.
5. Prepare the filling by heating fresh blackberries and granulated erythritol over medium heat.
6. Smash the berries and erythritol together using a wooden spoon.
7. Add the stevia extract, vanilla extract, salt and bring to a simmer.
8. Cook for about 10-15 to thicken and reduce the filling.
9. Pour and spread the topping over the cooked crust.
10. Top with chopped almonds.
11. Cook for an additional 7-10 minutes or until the almonds are slightly toasted.
12. Remove from oven and let cool before cutting into bars.

13. Best stored in an air tight container or zip top bag in the fridge up to 10 days.

We're here to help: flourish-flour.com