

Apple Miso Bars



Ready in 60 min

Makes one 8x8 pan

Ingredients

Ingredients for crust:

- 3 tablespoon Miso Crystals, about 0.2 oz
- 12 tablespoons butter
- ½ cup coconut sugar
- 2 tablespoons ground flax + 2 tablespoons rice water
- 3 tablespoons vanilla extract
- 1 teaspoon cardamom
- Pinch of pink salt
- 3 cups flour blend of choice

These make a perfect snack, a dessert, a tea crumpet. Whatever you need, this is it!

Ingredients

Ingredients for filling:

- 4 tablespoons butter
- 1.5 oz Apple Crystals
- 1 tablespoon coconut sugar
- ½ lemon, juiced
- 1 teaspoon each: ginger, cardamom, cinnamon
- 2 tablespoons Miso Crystals

Ingredients for topping:

- ½ cup almonds (soaked & dehydrated)

Preparation

1. Take all crust ingredients except the flour, and mix well.
2. Add flour and make dough.
3. Reserve ⅓ of it. Spread the ⅔ in an 8x8 pan and put both the pan and the reserved ⅓ in the fridge for 25 minutes.
4. Bake the pan at 325 degrees F for 20 minutes.
5. In a pan on the stovetop, mix together all the filling ingredients, adding the miso and apple crystals as last ingredients.
6. Spread the filling onto crust.
7. Chop ½ cup of almonds and mix the reserved ⅓ dough.
8. Crumble the dough on top of the filling mixture.
9. Bake 20 more minutes at 325°F.