

Blueberry Crumble Bars

So delicious. Beautiful antioxidant rich blueberries combined with nuts and coconut make this delicious slice that you will make again and again. This can be made low carb or keto by using a natural low sugar sweetener such as Natvia. Amazeballs DIY mix is already very low in carbs.

Using our Vanilla Bliss DIY Amazeballs mix makes it super easy and quick.

Instructions

Preheat oven to 180C

Shortbread Crust

1 Vanilla Bliss DIY dry mix

1 cup of finely ground desiccated coconut

1/4 cup of sweetener of choice (eg coconut sugar, mild honey or for low carb use a natural low sugar replacement).

1/2 tsp salt

40g butter or coconut oil, melted

Mix all ingredients together. Reserve back 1/4 cup and then press the rest into a 20x20cm pan lined with baking paper.

Blueberry layer

2 cups of fresh or frozen blueberries

2T sweetener of choice

1T lemon juice

1T water

1 tsp cornflour or arrowroot

1/4 tsp xanthan gum

1/4 tsp cinnamon

Place blueberries, lemon juice and water in a small pot over a medium heat. Mix dry ingredients together and then stir into the blueberries and continue stirring until thickened. Remove from heat and allow to cool a little.

Crumble topping

1/4 cup reserved shortbread crust

1/2 cup thread coconut

1/3 cup sliced almonds

Mix crumble ingredients together.

To assemble

Pour thickened blueberries mix over shortcake base. Spread over entire base. Then sprinkle crumble topping evenly over top of the blueberries.

Bake 20-30 mins or until golden.

Cool completely before lifting out of the tin. Store in the fridge.

Enjoy x