



Butter, Flour and Sugar Free Cranberry Oat Bars

NIBBLEDISH CONTRIBUTOR

Ingredients

For a 12 x 8" shallow baking tin (21 squares):

- 200g fresh or frozen cranberries
- 350g ground almonds
- 200g rolled oats

- 150g honey
- 150ml grapeseed oil
- 2 small eggs
- 1 tbsp baking powder
- 1 tsp bicarbonate of soda

Instructions

1. Beat the eggs with the honey and oil.
2. In a separate bowl, mix the almonds with the oats, baking powder and soda. Gently fold in the cranberries.
3. Add the liquid mixture until combined.
4. Pour into a lined shallow tin and bake at 170 degrees for 30-40 minutes until set.