

CRANBERRY CRUMBLE BARS

These cranberry-orange bars freeze well. Make a batch on a free afternoon and pop them in the freezer so you'll always have a healthy dessert on hand when company calls.

Prep Time: 25 mins | Additional Time: 55 mins | Total: 1 hr 20 mins



NUTRITION PROFILE

Diabetes Appropriate Heart Healthy Low Sodium
Low-Calorie Soy-Free Vegetarian

INGREDIENTS

FOR THE FILLING:

- 2 cups cranberries
- Zest and juice of 1/2 orange (see *Tip*)
- 6 tablespoons granulated sugar
- 1 ½ tablespoons cornstarch
- 2 teaspoons almond extract
- ¼ teaspoon ground cinnamon

FOR THE CRUST:

- 1 ½ cups all-purpose flour
- 1 ½ cups almond flour
- ½ cup granulated sugar
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon ground nutmeg
- Zest of 1/2 orange
- 4 tablespoons cold unsalted butter, cubed
- 2 large egg whites
- 1 ½ teaspoons vanilla extract
- 2 teaspoons powdered sugar (*Optional*)

NUTRITION FACTS

Per serving: Serving Size 1 bar 199 calories; total carbohydrate 27g; dietary fiber 2g; total sugars 13g; protein 4g; total fat 9g; saturated fat 2g; cholesterol 8mg; vitamin a 111iu; vitamin c 4mg; folate 38mcg; sodium 84mg; calcium 48mg; iron 1mg; magnesium 37mg; potassium 39mg

DIRECTIONS

STEP 1 Preheat oven to 375 degrees F. Line a 9x13-inch baking pan with parchment paper, letting some overhang on the long sides. (The extra will help you lift the bars out.)

STEP 2 To prepare filling: Combine cranberries, orange zest, orange juice, 6 tablespoons granulated sugar, cornstarch, almond extract, and cinnamon in a small bowl; stir well. Set aside.

STEP 3 To prepare crust: Whisk all-purpose flour, almond flour, 1/2 cup granulated sugar, baking powder, salt, nutmeg, and orange zest in a medium bowl. Work butter into the mixture, using your hands to pinch and rub until the pieces are flattened and the mixture is crumbly and resembles sand.

STEP 4 Lightly beat egg whites and vanilla in a small bowl with a fork. Pour into the flour mixture and use the fork to scoop down from the sides and up through the center until the whites are well incorporated. Set aside 1/2 cup of the mixture.

STEP 5 Press the remaining mixture into the prepared baking pan to form a bottom crust.

STEP 6 To assemble and bake: Give the cranberry mixture a quick stir, then pour it over the crust, spreading evenly. Sprinkle the reserved crust mixture on top.

STEP 7 Bake until the top is lightly browned, about 40 minutes. Transfer to a wire rack and let the bars cool in the pan for 15 minutes. Lift the long sides of the parchment to remove and place on a cutting board. Use a sharp knife to cut into 15 bars. Cool completely. Garnish with powdered sugar before serving, if desired.

TIPS

Tip: If you don't have a microplane or zester, don't skip the zest. Instead, use a vegetable peeler to take just the orange part of the skin off the fruit. Leave behind as much of the white pith as possible. Then stack the strips and mince them with a sharp knife.

Sugar Substitute: Use Splenda Sugar Blend for Baking. Follow package directions to use 6 Tbsp. equivalent for filling and 1/2 cup equivalent for crust. Omit powdered sugar garnish.

To make ahead: Let bars cool completely, then layer in a container or sealable bag between sheets of parchment paper. Refrigerate for up to 1 day or freeze for up to 4 months. To serve from frozen, place on a platter and let thaw for 1 hour.



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