

ALMOND BUTTER & JELLY BARS

Gluten Free . Dairy Free . Delicious

A riff on the classic childhood sandwich, these soft snack bars are as nostalgic as they are yummy. I use a combination of almond butter and grape jelly, but you can certainly use other nut butters and/or jams or jellies. Strawberry jam would be wonderful!

Ingredients

- 1 1/2 cups unsweetened almond butter
- 1 cup packed brown sugar
- 2 eggs
- 2 teaspoons vinegar
- 2 cups cassava flour
- 1 teaspoon kosher salt
- 1 teaspoon baking soda
- 1 cup grape jelly
- 1/2-1 cup chopped almonds (optional)

Method

1. Preheat the oven to 375° F.
2. Whisk together the dry ingredients (cassava flour, salt and baking soda); set aside.
3. In the bowl of an electric mixer, cream together the almond butter and brown sugar. Once well combined, add the eggs and vinegar. Whisk again until smooth and creamy.
4. Add the dry ingredients one cupful at a time and stir until the flour has completely been incorporated into the wet ingredients and a dense but pliable dough forms. The dough should pinch between your fingers and hold its shape without crumbling apart.
5. Reserve 1 cup of the dough; firmly press the remaining dough into the base of a greased 9 x 13" baking dish.
6. Evenly spread the jelly on top of the dough.
7. Crumble the reserved dough on top of the jelly. It's ok if it doesn't cover it completely--you want the jelly winking at you a little bit from beneath the topping.
8. If desired, sprinkle some chopped almonds over the top of the crumbled dough.
9. Bake for 20 minutes. If your oven runs low, bake it for an additional 5 minutes. Do not overbake!
10. Cool completely before slicing.

Notes

- You may of course use sweetened almond butter, but the snack bars will--you guessed it--end up sweeter. I suggest using unsweetened instead. My favorite is Bare Barney Butter.
- White vinegar or apple cider vinegar work in this recipe. Use what you prefer.
- Can't do eggs? Try using Bob's Redmill Egg Replacer instead.
- If you don't have to be grain free, try using your favorite all-purpose Gluten Free flour blend or bleached all-purpose wheat flour instead (It would be a 1:1 swap.)

