

Raspberry Jam Bars

Raspberry jam bars are a healthy chewy bar studded with chunks of candied ginger and topped with a homemade raspberry jam. One bite and you'll be in heaven!

Ingredients:

- 2 flax eggs {2 Tbsp. flaxseed meal + 5 Tbsp. water}*
- 1 {15 oz} can cannellini/white beans drained and rinsed
- $\frac{1}{2}$ cup melted coconut oil
- $\frac{1}{2}$ cup pure maple syrup
- $\frac{1}{3}$ cup raw cane sugar
- 1 tsp. vanilla
- 2 cup white whole wheat flour
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 1 tsp. ground ginger
- $\frac{1}{4}$ cup chopped candied ginger
- $\frac{1}{2}$ cup raspberry chia jam



Directions:

1. Preheat oven to 350°F and grease an 8"x8" pan with cooking or baking spray.
2. In a small bowl, mix together the flaxseed meal and water. Set aside to soak.
3. In the jar of a blender, add the beans, coconut oil, pure maple syrup, cane sugar and vanilla. Blend until smooth.
4. In a large bowl, whisk together the flour, baking powder, salt and ground ginger.
5. Pour in the bean mixture and add the flax eggs. Stir until combined.
6. Stir in the chopped candied ginger.
7. Spread about $\frac{3}{4}$ of the mixture in an even layer in the prepared pan.
8. Spread the jam in an even layer, and the drop the remaining $\frac{1}{4}$ of the batter, in spoonful, on top.
9. Bake for 30-32 minutes, until set. Remove and let cool for about 10 minutes before slicing.