

ONE BITE

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Vegan Magazine

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VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



Raspberry Rhubarb Crisp Bars

PREP TIME:
15 minutes

COOK TIME:
50 minutes

YIELD:
9 bars

TOTAL TIME:
1 hour 5 minutes,
plus 6 hours
chilling time

By **Marcie Bidou** 

Raspberry Rhubarb Crisp Bars are a sweet, tangy vegan dessert with no refined sugar and the goodness of rolled oats. They're like Fruit Crisp in bar form!

INGREDIENTS

FOR THE CRISP CRUST/TOPPING:

- 1 cup old fashioned rolled oats
- 1 cup all-purpose flour
- 1/3 cup coconut sugar*
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup melted coconut oil*

FOR THE FILLING:

- 2 cups fresh raspberries
- 2 large stalks of rhubarb (about 1 lb.), halved lengthwise and chopped into 1/2" chunks
- 1/2 cup coconut sugar
- 2 tablespoons orange juice
- 1 tablespoon orange zest
- 1 1/2 tablespoons cornstarch
- 1 tablespoon grated fresh ginger (optional)





Marcie Bidou —

Marcie is the creator of *Flavor the Moments* and is a culinary school graduate sharing easy, healthy recipes rich in seasonal produce and whole foods. She's also a wife and mother of two boys, and they live in the San Francisco Bay Area.

Visit her website: flavorthemoments.com

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INSTRUCTIONS

PREPARE THE CRISP CRUST/TOPPING:

1. Preheat the oven to 350 degrees. Line an 8×8" square baking dish with parchment paper so that it hangs over the sides. Set aside.
2. In a medium bowl, stir together the oats, flour, coconut sugar, cinnamon, and salt. Add the coconut oil and stir until moistened.
3. Press $\frac{2}{3}$ of the crust-topping into the prepared pan and bake for 10-15 minutes or until light golden brown. Cool slightly on a wire rack.

PREPARE THE FILLING:

1. Place the rhubarb, raspberries, coconut sugar, orange juice, cornstarch, and orange zest in a medium bowl and stir to combine.
2. Pour over the crust and spread evenly. Sprinkle the remaining $\frac{1}{3}$ of the crisp topping over the fruit, and bake for 40-45 minutes or until bubbly and golden brown.
3. Cool on a wire rack, then place in the refrigerator for 4-6 hours or overnight to set. Cut into squares and enjoy cool or heated with vegan ice cream!

RECIPE NOTES:

1. The coconut sugar may be replaced with an equal amount of granulated or brown sugar.
2. The coconut oil may be replaced with the same amount of melted vegan butter.
3. The bars may be made in advance and chilled overnight. Cut into bars and serve! Store leftover crisp bars in an air tight container in the fridge for up to 5 days.