

## Berry Crunch Bars (S)

A couple of these buttery, berrylicious bars make a fabulous grab-and-run-out-the-door breakfast or snack. We usually make this recipe with budget-friendly Super Sweet Blend. It works well because these bars are not supposed to be ultra sweet. If you desire a sweeter bar, simply sprinkle Gentle Sweet over the tops once they are set.

Makes: Multiple Servings

### INGREDIENTS:

- 1½ cups [TH Baking Blend](#)
- 3 Tbs [TH Super Sweet Blend](#)
- 1 tsp aluminum-free baking powder
- ¼ tsp [TH Mineral Salt](#)
- ½ cup butter (1-stick, cold butter, plus 3 Tbs melted butter)
- 2 Tbs extra virgin coconut oil
- ¼ tsp blackstrap molasses (optional)
- 1 tsp [TH Natural Burst Vanilla Extract](#)
- ¼ cup old-fashioned rolled oats (see note below)
- ½ cup raw nuts - pecan or walnut (finely chopped, your choice)
- ¼ cup unsweetened coconut flakes (shredded)
- 1½ cups Slim Belly Jelly recipe (recipe link below)



### DIRECTIONS:

1. Preheat the oven to 350°F.
2. Place the Baking Blend, sweetener, baking powder, and salt in a food processor. Add the cold butter, coconut oil, molasses (if using), and vanilla, and pulse until the mixture resembles coarse crumbs.
3. Press approximately two-thirds of the mixture into a parchment-lined 9 × 13-inch baking pan. Bake the layer for 10 minutes and then remove from the oven to slightly cool. Leave the oven on.
4. Put the oats, nuts, and coconut in the food processor with the remaining dough and pulse a couple times; you don't want to break this mixture down too much but just get it combined and a little more chopped. This will be your crunch topping.

5. Spoon the jelly over the cooled bottom layer, then carefully use the back of a spoon to spread it evenly. Sprinkle the crunch topping over the top and drizzle on the melted butter as evenly as you can. Gently pat everything down and bake for another 30 to 40 minutes or until golden brown.
6. Remove from the oven and let cool in the pan. It might still look and act a little gooey for a while; that is okay. When cooled somewhat, transfer the pan to the freezer and freeze until firm. Cut into bars and refrigerate.

### RECIPE NOTES

**Concerning the Oats:** The small amount of oats here should not pose any major mixing of fuels in this recipe.

## Slim Belly Jelly (FP)

Enjoy Slim Belly Jelly hot or chilled. Delicious swirled over Greek yogurt, Trim Healthy Pancakes, or any of our muffins or breads. This recipe can be found on page 411 of the original Trim Healthy Mama book and page 478 of the [Trim Healthy Cookbook](#). This recipe makes about 2 cups of jelly.

### INGREDIENTS:

- 1½ cup water
- 2½ cup frozen berries
- 2 Tbs lemon juice  
(or 2 to 3 drops lemon essential oil)
- 3 doonks [TH Pure Stevia Extract Powder](#)  
(or 2½ to 3½ tsp [TH Super Sweet Blend](#)  
or 5 to 7 tsp [TH Gentle Sweet](#))
- ¾ tsp [TH Glucomannan](#) ("Glucicie")  
(¾ to 1½ tsp)



### DIRECTIONS:

1. Put the water, 1 cup of the berries, and all the other ingredients, except the glucicie, in a blender and blend well.
2. Transfer the puree to a medium saucepan and add the rest of the berries. Bring the mixture to a boil, then turn down the heat to a simmer. Depending on whether you want a thicker or thinner jelly, start whisking in the Glucicie; use only ¾ teaspoon for a syrup-like consistency. Use the full amount for a set jelly. This jelly will thicken more as it sits in the fridge.
3. Taste and adjust the sweetness to "own it." Keep refrigerated until ready to use.

This and other delicious TH recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)