

CRANBERRY BLISS BARS

FILLING:

2 cups fresh cranberries
Zest & juice of ½ orange
6 Tbsp. granulated sugar*
1 ½ Tbsp. cornstarch
2 tsp. almond extract
¼ tsp. ground cinnamon

CRUST:

1 ½ cups all-purpose flour
1 ½ cups almond flour
½ cup granulated sugar*
1 tsp. baking powder
¼ tsp. salt
¼ tsp. ground nutmeg
Zest of ½ orange
4 Tbsp. cold unsalted butter, cubed
2 large egg whites
1 ½ tsp. vanilla extract
2 tsp. vanilla extract

*You can reduce the sugar in this recipe by using Splenda Sugar Blend for Baking. Follow package directions for the equivalent measurement.

Preheat oven to 350° F. Line a 13x9-inch baking pan with parchment paper, letting some hang over on the long sides.

To prepare filling, combine cranberries, orange zest, Orange juice, 6 Tbsp. sugar, cornstarch, almond extract, and cinnamon in a small bowl; stir well. Set aside.

To prepare crust, whisk both flours, sugar, baking powder, salt, nutmeg, and orange zest in a medium bowl. Work butter into the mixture using a fork, pastry blender or your fingers until the butter is flattened and the mixture is crumbly and resembles sand. Lightly beat egg whites and vanilla in a small bowl with a fork. Pour into the flour mixture and use the fork to mix until the egg whites are well incorporated. Set aside ½ cup of the mixture. Press the remaining crust mixture into the prepared baking pan.

To assemble and bake, stir the cranberry mixture then pour over the crust, spreading evenly. Sprinkle the reserved crust mixture on top. Bake until the top is lightly browned, about 40 minutes. Transfer to a wire cooling rack and cool for 15 minutes. Lift the long sides of the parchment paper to remove and place on a cutting board. Cut into 15 bars. Cool completely. Garnish with powdered sugar or a drizzle of icing.

NUTRITION INFO (per bar) Calories: 200, Carb 27 grams, Fat 9 grams, Protein 4 grams, Sodium 84 mg.