

Gluten-Free Oatmeal Carmelita Bars

Yield: 12 cookies

A delicious and flavorful gluten-free cookie bar made with gluten-free flour, oats, butter and caramel sauce.

Ingredients

1 cup gluten-free all-purpose flour
3/4 cup brown sugar
1/4 teaspoon sea salt
1 cup gluten-free oats
1/2 teaspoon baking soda
3/4 cup melted butter
1 1/2 cups gluten-free chocolate chips
1/2 cup chopped pecans or walnuts
1 cup gluten-free caramel sauce (room temperature) *recipe below
3 tablespoons gluten-free all-purpose flour

Directions

1. Mix the first seven ingredients together in a stand mixer on low speed until it begins to form crumbs. Press **half** of this mixture into the bottom an 8-inch square baking pan lined with parchment.
2. Reserve half of the mix for the topping.
3. Bake at 350°F for 12 minutes.
4. Sprinkle chipped nuts and chocolate chips over crust as soon as it comes out of the oven.
5. Combine salted caramel sauce and 3 tablespoons gluten-free flour with a whisk. Drizzle over nuts and chocolate chips.
6. Sprinkle remaining crumbs over the top and bake for 15-20 minutes or until golden brown.
7. Cool and serve. *Chill for easy slicing.

Salted Caramel Sauce

1 cup sugar
1/4 cup water
3/4 cup heavy cream
3 1/2 tablespoons unsalted butter
1 teaspoon sea salt

1. Combine sugar and water in heavy saucepan over medium heat until sugar is completely dissolved.
2. Slowly bring to a boil and do not stir. Boil until the syrup becomes a rich amber color, about 6-8 minutes, making sure to scrape down the sides of the pot.
3. Remove from heat and quickly whisk in heavy cream. Then stir in butter and salt.
4. Transfer to a bowl and cool.

Source: <https://ameessavorydish.com> > Gluten Free; Amee Livingston, modified 4/27/2023