

Apple Oat Bars

Preheat oven

Preheat oven to 350°F.

Grease and line an 8x8 (or 9x9) inch square pan with parchment paper. Ok, a round pan will be fine, too. Let's not get hung up on shapes.

Set aside.

If you can, use butter or margarine for greasing the pan and paper.

An apple a day...

Apples are technically in season during the fall months. However, as with most things in the supermarket, you can find them all year. But to get the best flavor and most variety, save your apple consumption for the fall and winter.

Not all apples are created equal. In fact, there are 100 varieties grown in the US. 100 varieties. That's a lot of apples. How do you know what to choose? Well, for baking, you want a mix of apples to balance both flavor and texture differences.

A guide to apples is on the reverse side of this recipe.

Gather Ingredients

- 3/4 cup **nut or seed butter** of choice
- 1/2 cup **butter or margarine**, melted (1 stick)
- 2/3 cup **maple syrup** (or **honey**, warmed)
- 2 teaspoons **vanilla extract**
- 2 cups **rolled oats**
- 1/2 cup **flour** (regular or GF)
- 3 tablespoons **almond flour**
- 1 teaspoon **cinnamon**
- 1/2 teaspoon **nutmeg**
- 1/2 teaspoon **salt**

Apple Filling

- 2-3 **apples***, peeled and diced small
- 2 tablespoons **maple syrup or honey** (warmed)*
- 1/2 teaspoon **cinnamon**

Bake

Bake for 30-40 minutes or until the edges are golden brown.

Cool slightly.

Mix

In a medium size mixing bowl, stir together the nut butter, butter, maple syrup, and vanilla.

Add the oats, flour, almond flour, cinnamon, nutmeg, and salt. Stir to mix well.

Set aside.

In a small bowl, stir together the apples, maple syrup and cinnamon.

Set aside.

Press into pan

Press half of the nut butter/oat mixture into the bottom of the pan.

Pour the apple mixture over the nut butter/oat mixture.

Layer the remaining nut butter/oat mixture on top of the apples, being sure to cover the apples completely.

It isn't the end of the world if the top layer does not cover the apples.

Why am I warming honey?

If you haven't noticed, but honey is very viscous (i.e., thick). To make it easier to use, it's best to microwave it for about 10 seconds to loosen it up.

Apples

Common varieties of apples found in the United States.

Gala

Named in honor of Queen Elizabeth II when she named it her favorite apple during a trip to New Zealand. Crisp, juicy, and sweet. Can be used for snacking or baking.

Golden Delicious

Butter and sweet. Great for baking or making applesauce.

Granny Smith

Discovered in the 1860s in Australia. Very tart apple that can be used in baking.

Fuji

Developed in Japan and named for Mount Fuji. Sweet and firm. Great for baking and making applesauce.

McIntosh

Been around since the early 1800s. Juicy and tangy. Great for baking since it breaks down when heated. Use with a firmer apple to balance the texture of pie or crisp.

Honeycrisp

Developed by University of Minnesota. Sweet, mild flavor that is a great all purpose apple.

Braeburn

Discovered in New Zealand. Great all purpose apple that is great for baking.

Learn about more varieties of apples from here: <https://www.pickyourown.org/applevarietiesto-choose.htm>

