

Apple Cinnamon Bars

Apples are sandwiched between two cinnamon crumb layers for a delicious treat!

Prep and Cook time: about 90 minutes

Makes: 24 Servings (1 bar each)

Source: Choose MyPlate, USDA

Ingredients

- 4 apples (medium)
- 1 cup flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 cup brown sugar
- 1 cup oats (uncooked)
- 1/2 cup butter

Directions

1. Preheat the oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats into the mixing bowl. Stir together.
3. Add the butter to the bowl. Use 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of butter or spray oil.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40 – 45 minutes.
9. Cut into squares.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 bar, 1/24 of recipe	
Nutrients	Amount
Calories:	100 g
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	53 mg
Total Carbohydrates:	14 g
Dietary Fiber:	1 g
Total Sugars:	7 g
Added Sugars:	4 g
Protein	1 g

Utensils Needed

- Large mixing bowl
- 2 table knives
- 1 apple peeler
- 1 baking dish
- Oven
- Spoon
- Measuring Utensils

SHOPPING LIST

Although the majority of these ingredients are pantry staples and this recipe can be made multiple times with these ingredients, this is a conservative estimate of the total cost and cost per serving.

Average total cost of ingredients without oil and seasonings: \$13.94

Average cost/serving: \$0.58

Makes: 24 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 4 to cart
Gala apples



Add 1 to cart
Butter sticks



Add 1 to cart
Quick oats



Add 1 to cart
All purpose baking soda



Add 1 cart
Flour, 2 lb



Add 1 to cart
Ground Cinnamon



Add 1 to cart
Brown sugar, 1 lb

SAVE TIME, SAVE MONEY

My Cooking Notes

Preparation Tips

- You can use applesauce (16 ounces) or canned apples in place of fresh apples. You can use either peeled or unpeeled apples.
- We have chosen to use gala apples but any type of apple will work. Look for the best deals on apples at your grocery store or local farmer's market!
- Recipe modification to consider:
 - Vegetable oil, applesauce and mashed bananas are heart healthy alternatives for butter. You can use them in a 1:1 replacement for the butter in this recipe.

