



Apple Cinnamon Bars

SERVINGS: 24 SERVING SIZE: 1 BAR PREP TIME: 20 MINUTES COOKING TIME: 45 MINUTES

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

Ingredients

- 4 apples (medium)
- 1 cup flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon cinnamon
- 1 cup brown sugar
- 1 cup oats (uncooked)
- 1 cup coconut oil

Directions

- Preheat the oven to 350 degrees.
- Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
- Add the coconut oil to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs.
- Lightly grease the bottom and sides of the baking dish with a little bit of oil.
- Spread half of the crumb mixture in the greased baking dish.
- Remove the core from the apples and slice them. Put the apple slices into the baking dish.
- Top the apples with the rest of the crumb mixture.
- Bake in the oven for 40 – 45 minutes.
- Cut into squares. It will fall apart easily.

NOTE: You can use applesauce (16 ounces) or canned apples in place of fresh apples. You can use either peeled or unpeeled apples.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-cinnamon-bars>.

Please discuss any health condition or dietary restrictions with your health care provider before starting a new diet program.

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