

Apple Cinnamon Bars

Rating: ★★★★★

Makes: 24 servings

Ingredients

- 4 apple (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 shortening

Directions

1. Preheat the oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use the 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 shortening.
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. It will fall apart easily.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	93	
Total Fat	5 g	8%
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	1 g	5%
Sodium	52 mg	

Notes

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

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes