

New Hampshire

Apple Cinnamon Bars

Featured Food: Apples

Makes: 12 servings

Ingredients

- 4 medium apples
- 1 cup flour
- ¼ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ½ cup brown sugar, packed
- 1 cup oats, uncooked
- 1 stick?butter



Directions

1. Preheat the oven to 350°F.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in a mixing bowl. Stir together.
3. Add the butter?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 a 9x9 inch baking dish.
5. Spread half of the crumb mixture in the 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.

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

Recipe from: Pennsylvania Nutrition Education Network (original), Recipe modification, adapted from SNAP-Ed New York, October 2023, adapted by the USDA Food and Nutrition Administration.

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