

Breakfast | Snack

# Cinnamon Apple Bars

**15 Mins**  
Prep Time

**30 Mins**  
Cook Time

**12**  
Servings

≡ 140 Calories 2g Fat 31g Carbs 3g Protein



## Ingredients

👤 4 Servings ⌚ 45 Mins Total Time 🚫 Allergens: Nuts, Eggs, Gluten

2½ Cups Old Fashioned Oats, divided 🍴

2 Tsp Cinnamon

½ Tsp Baking Powder

¼ Tsp Salt

1 Egg

¾ Cup Unsweetened Apple Sauce

2 Tsp Vanilla Extract

¾ Cup Unsweetened Vanilla Almond Milk

½ Cup Honey

1 Medium Apple, skin removed and grated 🍴

### Allergen Swap

**Nuts** Replace almond milk with cow's milk or a non-dairy milk alternative (soy milk, etc.)

**Eggs** There is no egg replacer that is suitable for a Crohn's disease or ulcerative colitis flare

**Gluten** Oats are naturally gluten-free but may be crossed with gluten during processing. Look for 'certified gluten-free' for those with celiac disease

### Nourishment Note



#### 🍴 Oats

Oat flour provides a gluten-free source of soluble fiber, an important nutrient for gut health. It also slows digestion, minimizing bathroom trips.



#### 🍴 Apples

Peeled apples provide healthy, easy-to-digest soluble fiber, important for gut health.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat Oven

Coat an 8x8 inch baking dish with cooking spray and set aside. Preheat oven to 350 °F.

### 3. Blend Oats

In a blender, place 1 cup of old-fashioned oats and blend until the oats turn to a flour-like consistency. Pour into a mixing bowl and add the additional 1 ½ cups oats, cinnamon, baking powder, and salt. Stir to combine.

### 4. Mix Ingredients

In a separate bowl, whisk together the egg, applesauce, vanilla, almond milk, and honey.

### 5. Mix Wet and Dry Ingredients

Mix the wet ingredients into the bowl with the dry ingredients and stir well.

### 6. Add Apples and Bake

Fold in the grated apple. Pour mixture into the prepared baking dish and bake for approximately 30 minutes, or until a toothpick inserted in the middle comes out clean.

### 7. Cool, Serve and Enjoy

Allow to cool; cut into bars and serve.

### 8. Wash Hands

Wash hands with soap and water.

Recipe adapted from [superhealthykids.com](https://superhealthykids.com)

## What You'll Need



8x8 Inch Baking Dish



Cooking Spray



Blender



Bowls (2)



Spoon



Whisk



Measuring Cups



Measuring Spoons



Knife



Box Grater

- When energy levels are high, make a double batch and freeze. Bars will keep in the freezer for 1 month.