

Breakfast | Snack

# Apple Cinnamon Breakfast Bars

**15 Mins**  
Prep Time

**30 Mins**  
Cook Time


**12**  
Servings

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



## Ingredients

 **12 Servings** • **2x2 Inch Squares**  **45 Mins Total Time**  **Allergens: Nuts, Eggs**

**2 ½ 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, grated 

### Allergen Swap

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

**Egg** Mix 1 Tbsp chia seeds or ground flax seeds with 3 Tbsp hot water; set aside to thicken to egg white consistency. 3 ½ Tbsp of the mixture = 1 egg.

### Nourishment Note!



#### Oats

Oats provide a gluten-free source of soluble fiber, an important nutrient for gut health. Oats are also a complex carbohydrate that provides your body with the energy it needs to function it's best.



#### Apple

Apples are fiber-rich foods important to improving heart health and lowering the risk of certain types of cancer. Apples are also a good source of vitamin C, a nutrient important to those with multiple sclerosis.

## 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. Combine Dry Ingredients

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. Combine Wet Ingredients

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

### 5. Blend Ingredients

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

### 6. 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

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



2 Bowls



Spoon



Whisk



Measuring Cups



Measuring Spoons



Knife



Box Grater

### Fatigue Buster

- Buy prepared oat flour.
- Shred apple using a grating attachment on a food processor.