

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

What You'll Need



8x8 Inch Baking Dish



Cooking Spray



Blender



Bowls (2)



Spoon



Whisk



Measuring Cups



Measuring Spoons



Knife



Box Grater

Remission Remix

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