

Breakfast | Snack

# Apple Crisp Breakfast Bars

**15 Mins**  
Prep Time

**45-50 Mins**  
Cook Time

**9**  
Servings

 **194 Calories** **6g Fat** **31g Carbs** **3g Protein**



## Ingredients

 **9 Servings**  **60-65 Mins Total Time**  **Allergens: Gluten, Eggs**

1 Cup Quick Oats 

1 Cup Flour

¼ Tsp Salt

¼ Cup + 2 Tbsp Pure Maple Syrup, divided

4 Tbsp Unsalted Butter, room temperature

1 Egg

2 Medium Apples, **washed** and chopped fine 

1 Tsp Cinnamon

¼ Tsp Nutmeg

1 Tsp Cornstarch

### Allergen Swap

**Gluten** Use a cup-for-cup gluten-free flour; purchase certified gluten-free oats

**Eggs** Substitute the egg for a [flax egg](#)

### Nourishment Note



#### Apples

Apples are filled with antioxidants which may help protect the lungs from oxidative damage.



#### Oats

Oats contain a unique antioxidant called avenanthramides. This type of antioxidant is especially beneficial for lowering inflammation in the body. In addition, some research indicates that early introduction of oats may decrease the likelihood of childhood asthma.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Preheat Oven

Preheat oven to 350°F and line the baking dish with parchment paper and set aside.

### 3. Make Dough

In a large bowl, add the quick oats, flour and salt. Add ¼ cup maple syrup and butter and mix well. Dough will appear crumbly.

### 4. Reserve Mixture For Topping

Reserve ½ cup of the mixture for the topping and set aside.

### 5. Whisk The Egg

In a small bowl, whisk the egg and pour over the dough. Mix until well incorporated and a sticky dough forms. Press dough evenly into the bottom of the prepared baking pan.

### 6. Stir Remaining Ingredients

To another large bowl, add the chopped apples, cinnamon, nutmeg, cornstarch and remaining 2 Tbsp maple syrup. Stir until the apples are evenly coated and pour over crust in the prepared baking pan.

### 7. Top The Apples

Top the apples with the reserved oat topping.

### 8. Bake & Serve

Bake for 45-50 minutes or until golden brown. Remove from the oven and allow to sufficiently cool before removing from baking dish. Cut into squares and enjoy!

### 9. Wash Hands

Wash hands with soap and water.

Recipe adapted from the [Healthy Family Project](#)

## What You'll Need



Cutting Board



Knife



Bowl



8"x 8" Baking Dish



Parchment Paper



Mixing Bowls (2)



Whisk



Measuring Cups



Measuring Spoons



Mixing Spoons

### Breathe Better Food Tip

- Apples can be high in salicylates, try a lower salicylate variety, such as golden delicious.