

Breakfast | Snack

Apple Crisp Breakfast Bars

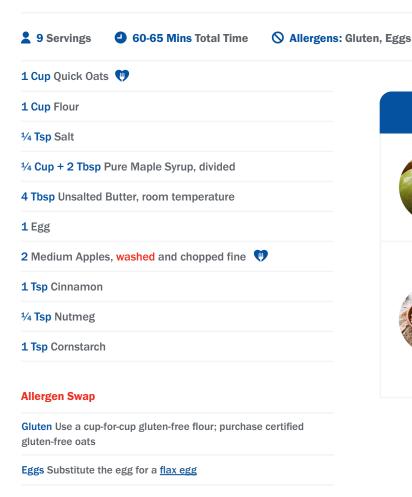
15 Mins
Prep Time

45-50 Mins Cook Time 9 Servings

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



Ingredients



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 likeliness 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 $\frac{1}{4}$ cup maple syrup and butter and mix well. Dough will appear crumbly.

4. Reserve Mixture For Topping

Reserve $\frac{1}{2}$ 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

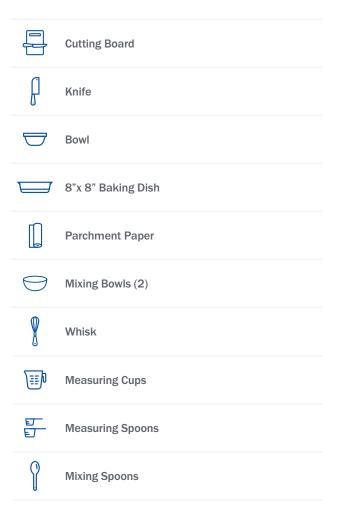
Bake for 45-50 minutes or until golden brown. Remove from the oven and allow to sufficiently cool before removing from baking dish. Cut into squares and enjoy!

9. Wash Hands

Wash hands with soap and water.

Recipe adapted from the Healthy Family Project

What You'll Need



Breathe Better Food Tip

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