



## ***Rustic Apple Pie Bars***

A hearty sweet treat after a winter's day. With butter rich vanilla undertones - this spicy apple snack will bring up memories of your favorite hometown pie. Healthy oats, vibrant dried cranberries and Pink Lady® apples make them ideal for kids, so brown paper bag them for lunch or take them on a hike with you! Perfect for any occasion – sprinkle cinnamon or drizzle some condensed milk for a festive party dessert. Make in a baking pan or small round ramekins for individual portions. These rustic apple pie oat bars are sure to be your go to apple recipe!

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### ***Starting With The Oats Mixture:***

- 1 1/2 cup oats
- 1/2 cup whole wheat flour
- 1/2 cup all purposed white flour
- 1 cup dried cranberries
- 1/2 tsp sea salt
- 1/2 tsp baking soda
- 1/4 cup dark brown sugar
- 1/4 cup light brown sugar
- 1/4 tsp cinnamon
- 1/2 tbsp lemon juice
- 1 organic egg
- 1/2 tbsp bourbon madagascar vanilla extract
- 1/4 cup dark amber maple syrup
- 2 tbsp organic whole milk

### ***Apple Pie Mixture:***

- 3 pink lady® apples, thinly sliced, chopped about 3 cups \*
- 1 tbsp apple cider
- 2 tbsp organic butter
- 1 tbsp dark amber maple syrup
- 1 tbsp dark brown sugar
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp freshly ground nutmeg
- 1 tbsp cane sugar
- pinch of sea salt

### ***Crumble Nutty Topping:***

- 2 tbsp organic butter
- 2 tbsp whole wheat flour
- 1 tbsp oats
- 1/2 tsp cinnamon
- 1/4 cup walnuts, chopped (*optional*)





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### ***Preparation Instructions:***

Preheat oven to 350F. Line a 9×9 glass baking pan with parchment paper and grease sides and base with butter. If using ramekins – grease sides and base only and place on top of an cookie sheet. In a cooking pot, mix together apple pie mixture. Allow to cook on low heat for ten minutes, cover for another five. Keep mixing until apples soften and becomes like an filling. Mash apples\* as much possible – leaving mixture very thick.

*\*Optional: Leave skin on apples for more homemade rustic flavor or peel before baking for an ideal dessert.*

In a large bowl, mix together the dry oat mixture ingredients. In another bowl, mix together all of the wet oat mixture ingredients. Make sure to mix well. Add dried cranberries last. Pour oat mixture into the baking pan and smooth out as much as possible. Pour apple pie mixture and smooth out. Make the crumbled topping with fork and sprinkle on top of the apple pie filling.

Bake for 30-40 minutes depending on baking pan. Allow to cool for 30 minutes before sliding out of pan and onto wood surface. Cool for another 10 minutes then refrigerate to firm before slicing up. Enjoy your rustic apple pie oat bars with a sweet vanilla ice cream!

***Provided by Megan Ameral from  
“My Breakfast Blog”***

