



Recipes for Success



Apple Cinnamon Oat Bars

Makes: 24 bars

Ingredients:

Large rolled oats	4 cups
Whole wheat flour	1 cup
Quick oats	1 cup
Ground flax seed	1 cup
Brown sugar	½ cup
Ground cinnamon	1 tbsp
Ground nutmeg	½ tsp
Salt	1½ tsp
Raisins	¾ cup
Dried apple, chopped	¾ cup
Honey	1 cup
Eggs	2
Oil	½ cup
Applesauce	1 cup

Directions:

1. Preheat oven to 350°F.
2. Line a 12x17" lipped cookie sheet with parchment paper.
3. Mix the first 10 (dry) ingredients in a large bowl.
4. Whisk the last (wet) ingredients together and pour into the dry mixture.
5. Mix until combined and spoon onto prepared sheet pan. Bake for 15-20 minutes, until the edges are lightly brown.
6. Let cool for 5 minutes and cut into 24 rectangles. Let cool completely before storing them in an air tight container or wrapping individually in plastic. Can be frozen for up to 3 months.

Suggested Tasks for Children:

- Measure ingredients
- Mix ingredients
- Help clean up

