

Apple Cinnamon Oatmeal Bars

Description

Apple Cinnamon Oatmeal Bars are a healthy, gluten-free breakfast or snack recipe that taste decadent but are made without refined sugar.

Ingredients

Makes 9 bars

- 2-1/2 cups certified gluten-free old-fashioned oats* divided
- 1-1/2 teaspoons cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup almond milk
- 1/2 cup + 2 Tablespoons no-sugar-added applesauce
- 2 Tablespoons 100% pure maple syrup
- 1/4 cup coconut oil melted
- 1 egg
- 1 teaspoon vanilla
- 1 Granny Smith apple, peeled and grated

Directions

1. Preheat oven to 350°F then grease an 8x8" baking pan and set aside.
2. Add 1 cup oats to a food processor or blender then process until oats have turned into flour (alternatively you could use a scant cup oat flour.) Add flour to a large bowl with remaining 1-1/2 cups old fashioned oats, cinnamon, baking powder, and salt then stir with a fork to combine and set aside.
3. In another bowl, add milk, applesauce, maple syrup, coconut oil, egg, and vanilla then whisk to combine. Pour into dry ingredients then stir until just combined. Fold in grated apples then pour batter into prepared baking pan.
4. Bake for 35-40 minutes, or until the edges are golden brown and the center has set. Cool before slicing into bars then store in the refrigerator, or individually wrap bars in wax paper and freeze.

Credit

This recipe is courtesy of Iowa Girl Eats, <http://iowagirleats.com>.



Oats are gluten free if not contaminated (depends on where grown and processed). Oats are usually available as groats or rolled oats (most common). Rolled oats are partially steamed, rolled to flatten, & then dried. Quick oats, which cook faster, are steel cut prior to rolling and are flatter than old fashioned oats. Oats are high in the soluble fiber beta-glucan which reduces total and LDL cholesterol, reduces blood sugar and improve insulin response, and is a food source for our body's good bacteria. While oats are not a complete protein, they are higher in amino acids than any other grain. Oats are also high in vitamins B1, folate, pantothenic acid and a fair source of B2, B3, and B6. They are also high in minerals silicon, manganese, phosphorus, magnesium, copper, iron, & zinc.