

03/01



Apple Bars



Oregon State
University

Ingredients

- 1/2 cup **all-purpose flour**
- 1/2 cup **whole wheat flour**
- 1/4 teaspoon **salt**
- 1/2 teaspoon **baking soda**
- 1/2 cup **brown sugar**
- 1 cup **old fashioned rolled oats**
- 1/2 teaspoon **cinnamon**
- 1/2 teaspoon **nutmeg**
- 1 pinch **ground cloves** (optional)
- 1/2 cup **butter or margarine**
- 3 cups **apples**, peeled, cored and sliced (about 2 medium apples [3" diameter])
- 2/3 cup **raisins**
- 1/4 cup **sugar**

Directions

1. Preheat oven to 350 degrees. Lightly grease a 9"x13" baking pan.
2. Mix flour, salt and baking soda together in a large bowl. Add brown sugar, oats, cinnamon, nutmeg and ground cloves.
3. Cut in butter or margarine with a pastry blender or 2 knives until mixture is crumbly.
4. Spread half of the crumb mixture in the baking pan. Top with apple slices and raisins and sprinkle with sugar. Spread remaining crumb mixture evenly over apples.
5. Bake at 350 degrees for 40-50 minutes. Cool and cut into 12 bars.

Notes

- Substitute ripe pears for apples
- Serve warm topped with vanilla yogurt

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Makes: 12 bars (3 inches x 4 inches)
Prep time: 15 minutes
Cooking time: 45 minutes

Nutrition Facts

Serving Size 1 bar (approx 2"x3")
(71g)

Servings Per Container 12

Amount Per Serving

Calories 230 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0.5g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 3g **12%**

Sugars 22g

Protein 3g

Vitamin A 8% • **Vitamin C 2%**

Calcium 2% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4