

Apple Cinnamon Bars

From the United States Department of Agriculture

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-cinnamon-bars>

Ingredients

- 4 apples (medium)
- 1 cup flour
- ¼ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ½ cup brown sugar
- 1 cup oats (uncooked)
- ½ cup shortening

Instructions

1. Preheat the oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40-45 minutes.
9. Cut into squares. It will fall apart easily.

Makes 24 servings

Serving size: 1 bar

Nutrition information per serving

Calories: 99	Dietary Fiber: 1 g
Total Fat: 5 g	Sodium: 53 mg
Saturated Fat: 1 g	Protein: 1 g
Cholesterol: 0 mg	Carbohydrates: 14 g