

Healthy Apple Pie Bars

Yield: 9 bars



Ingredients:

Base and Topping

- ½ cup almond (or any kind of nut) butter
- ¼ cup coconut or canola oil
- ⅓ cup maple syrup
- 1 teaspoon pure vanilla extract
- 1 ½ cups almond flour
- 1 cup oat flour (*I just blitzed rolled oats in the blender*)
- ½ teaspoon baking soda
- ¼ teaspoon Kosher salt

Apple Filling

- 4 cups peeled, cored, and diced small apples
- 1 tablespoon lemon juice
- 1 teaspoon cinnamon
- 1 teaspoon cornstarch

Recipe from: myclasscancook.com

Steps:

1. Preheat oven to 350 °. Spray an 8x8" baking pan with nonstick spray (or better - line with a piece of parchment paper with the sides overhanging) and set aside.
2. In a small bowl, mix almond butter, oil, maple syrup, and vanilla until well combined.
3. In a large bowl, mix almond flour, baking soda and salt.
4. Add wet ingredients to the dry and stir until fully combined.
5. In a microwave-safe bowl, combine the apples, lemon juice and cinnamon. Cover bowl. Microwave on high for 2 minutes. Stir. Microwave for another minute, or until apples have softened and juice has been released. Add the cornstarch and stir well.
6. Press ⅔ of the nut butter dough into the prepared pan making sure it's evenly spread. Add the apple mixture and spread evenly. Crumble the remaining ⅓ nut butter dough on top.
7. Bake for 30-35 minutes until the top is golden brown.
8. Once done, fully cool in the refrigerator for 3 hours before slicing into bars. Store in an airtight container in the fridge. Enjoy!