Apple Cinnamon Granola Bars  
Makes 16 2 inch square servings

Ingredients:
- 1 cup flour
- ¼ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ½ cup brown sugar
- 1 cup oats (uncooked)
- 4 apples (or 16 ounces applesauce)

Directions:
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 margarine or butter to the bowl. Use 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of an 8” X 8” baking dish with a little bit of butter.
5. Spread half 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 (or if using apple sauce, spread it over the crumb mixture.)
7. Top the apples (or applesauce) with the rest of the crumb mixture.
8. Bake in the oven for 40 – 45 minutes.
9. Cut into 16 equal squares when cool. Wrap individual bars in plastic wrap.

Source: Healthy Cents curriculum by the University of Maryland Extension

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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.