CINNAMON APPLE PIE OAT BARS

Yields 12

Ingredients

Crust

- 3 cups superfine almond meal
- 1 cup old fashioned oats
- 2 tablespoons local butter, room temperature
- 1/4 cup coconut oil, room temperature
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1 1/4 teaspoon apple pie spice (can sub ground cinnamon and nutmeg)

Apple Filling

- 6 cups granny smith apples, diced into half-inch cubes (skin on or peeled)
- 1/4 cup fresh lemon juice
- 1/4 cup maple syrup
- 1 tablespoon Vietnamese cinnamon
- 1/8 teaspoon salt
- xanthan gum, optional

Crumble Topping

- 2/3 cup old fashioned oats
- 3 tablespoons local butter, room temperature, sliced
- 2 tablespoons brown sugar or replacement (such as Swerve brown)
- optional sprinkle of pecans

Instructions

Preheat oven to 350ºF. Line an 8-inch x 8-inch baking dish with parchment paper and set aside.

In a large bowl, add all crust ingredients. Mix until a crumbly dough forms. Transfer mixture into prepared baking dish. Using clean hands, press crust evenly to flatten. Bake for 15 minutes until golden brown.

While crust is baking, place a medium-sized pot over high heat. Add all filling ingredients and bring to a boil. Once boiling, lower heat and allow to simmer for until the filling has reduced and thickened (about 8 minutes). If needed, feel free to add 1/2 tsp xanthan gum to thicken.

Remove apples from heat. Use a fork to slightly mash the apples. Using a spatula, transfer filling over the crust, spreading evenly. Set aside.

In a medium bowl, add topping ingredients. Using a fork, cut the butter into the mixture to form a loose crumble. Sprinkle the topping over the apple filling. Bake (at 350ºF) for 28 minutes until golden brown on top. Once removed, refrigerate for an hour minimum before slicing. Enjoy!!