

Recipe of the Week

Apples are a favorite fall food. Here is a recipe that makes a great snack and is perfect for Fall. Make these one the weekend and enjoy them as an afternoon snack throughout the week.

The apples are sandwiched between two cinnamon crumb layers for a delicious treat.

Apple Cinnamon Bars

4 medium apples

1 cup flour

¼ teaspoon salt

½ teaspoon baking soda

½ teaspoon cinnamon

1 cup brown sugar

1 cup oats

1 cup shortening

Wash hands. Preheat oven to 350 degrees. Stir together the flour, salt, baking soda, cinnamon, brown sugar, and oats in a mixing bowl. Cut in the shortening until mixture makes coarse crumbs.

Lightly grease the bottom and sides of 9 x 13-inch baking pan. Spread half the crumb mixture in the baking dish.

Prepare apples by washing, coring, and slicing them thin. Lay the apple slices on top of the crumb mixture. Top the apples with the rest of the crumb mixture. Bake in the oven for 40-45 minutes. Cut into squares. Yield: 24 bars.

Nutrition information per bar: 99 calories, 5g fat, 53mg sodium, 14g carbohydrates, 1g fiber, 1g protein

