



Oatmeal Apple Butter Bars



Vegetarian



Vegan



Dairy Free



Popular

READY IN



60 min.

SERVINGS



16

CALORIES



159 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup spiced apple butter organic (if within budget)
- ☐ 0.5 cup dairy-free margarine melted for alternative (see post above)
- ☐ 0.8 cup brown sugar light packed for lower glycemic alternative (see post above)
- ☐ 1 cup old-fashioned / rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 1 cup white-wheat flour all-purpose (love this flour!)

Equipment

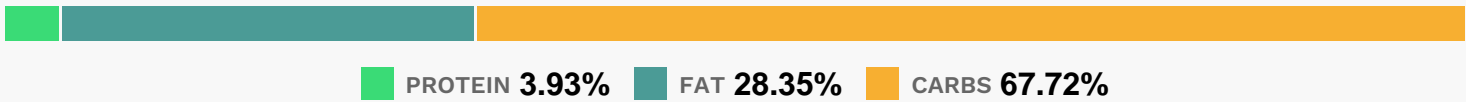
- ☐ bowl

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat your oven to 350°F and grease an 8×8-inch baking pan. Line with heavy-duty foil or parchment paper, leaving an overhang on two sides to facilitate removal of bars from pan. Grease foil or parchment. In a medium-size or large bowl, mix the flour, oats, sugar and salt until all ingredients are well-distributed. Stir in the margarine with a fork until well mixed and clumps form. Press half of the oatmeal mixture into the bottom of your prepared pan to make a thin crust. Evenly spread the apple butter atop the crust, then sprinkle the remaining oatmeal mixture on top.
- ☐ Bake until crisp and golden brown, about 30 to 40 minutes.
- ☐ Let cool completely before using the parchment or foil to remove the bars from the pan in one big piece.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:5.48, Inflammation Score:-3, Nutrition Score:3.4143478585326%

Nutrients (% of daily need)

Calories: 158.5kcal (7.92%), Fat: 5.02g (7.73%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 26.02g (9.46%), Sugar: 16.3g (18.11%), Cholesterol: 0mg (0%), Sodium: 87.95mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.13%), Manganese: 0.3mg (14.97%), Vitamin E: 1.4mg (9.34%), Selenium: 4.31µg (6.15%), Vitamin B1: 0.09mg (5.75%), Vitamin A: 273.59IU (5.47%), Folate: 16.2µg (4.05%), Vitamin K: 4.2µg (4%), Fiber: 0.99g (3.95%), Iron: 0.71mg (3.92%), Phosphorus: 31.32mg (3.13%), Vitamin B2: 0.05mg (2.93%), Vitamin B3: 0.54mg (2.71%), Magnesium: 10.35mg (2.59%), Copper: 0.05mg (2.5%), Zinc: 0.25mg (1.69%), Potassium: 58.44mg (1.67%), Calcium: 14.86mg (1.49%), Vitamin B5: 0.11mg (1.13%)