



APPLE CINNAMON
BARS

Trefethen

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INGREDIENTS

- 2 ½ cup quick oats
- ½ cup oat bran
- ¼ cup ground flaxseed
- 2 tsp baking powder
- 1 ½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp salt
- ¼ cup unsweetened flaked coconut
- ¾ cup milk
- ½ cup creamy almond butter, stirred
- ½ cup wildflower honey
- 1 egg
- 1 tsp vanilla extract
- ½ cup sliced almonds
- 1 small apple, finely chopped
(1/2 - 3/4 cup)

PROCEDURE

1. Preheat oven to 350F. Spray a 9×13-inch baking dish with non-stick cooking spray or line with parchment paper.
2. In a large bowl, stir together the oats, oat bran, flaxseed, baking powder, cinnamon, nutmeg, salt, and flaked coconut until well combined.
3. Add in the milk, almond butter, honey, egg, and vanilla extract. Stir until combined. Stir in the sliced almonds and chopped apple.
4. Empty mixture into baking dish and spread evenly into corners. Bake for 15-20 minutes or until edges start to brown and center looks dry.
5. Let cool for 10 minutes, then cut into bars. Wrap individually in wax paper or keep in an airtight container. Enjoy!

TREFETHEN WINE PAIRING

Chardonnay: *Subtle notes of toasted oak frame the palate which features more citrus flavors and hints of apple and pear. The lively acidity brings great balance and the finish is refreshing and smooth.*