Fondation OLO

Apple Squares

Preparation time	**20 minutes**
Cooking time	**40 minutes**
Servings	**16 squares**
Cost per serving	**29¢**
Storage	**4 days in the fridge.** **Can be frozen.**
Kitchen tools	**Measuring cups and spoons, small sharp knife, cutting board, 8-inch square baking dish, parchment paper (or oil), small pot, large bowl, wooden spoon.**

Ingredients

750 ml (3 cups) **apples**, peeled and cut into 1-cm pieces

175 ml (¾ cup) **sugar** (divided: 60 ml [¼ cup] + 125 ml [½ cup])

30 ml (2 tbsp) **water**

125 ml (½ cup) **butter** or non-hydrogenated margarine

2.5 ml (½ tsp) **baking soda**

250 ml (1 cup) **all-purpose flour**

2.5 ml (½ tsp) **ground cinnamon**

250 ml (1 cup) **rolled oats**

2.5 ml (½ tsp) **vanilla**

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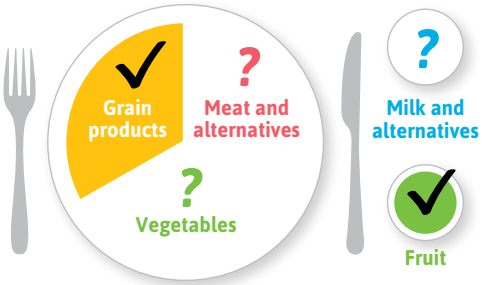

Balanced plate

✓ Delicious with a glass of milk or fortified soy beverage.

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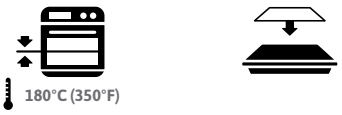
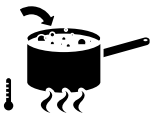
Directions

1. Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil an 8-inch square baking dish or line with parchment paper.



2. In a small pot, bring the **apples**, 60 ml (¼ cup) of **sugar** and **water** to a boil.



3. Reduce the heat to medium and cook for about 5 minutes. Set aside.

4. Meanwhile, in a bowl, add the **butter**, remaining **sugar** (125 ml/ ½ cup), **flour**, **rolled oats**, **baking soda**, **cinnamon** and **vanilla** and mix with your hands until the mixture has a smooth and even texture.

5. Put ⅔ of the **oat mixture** in the dish and press down with your fingers to form a firm crust.

6. Add the **cooked apples** and spread them on top of the crust.

7. Sprinkle the remaining **oat mixture** over the apples. Press down lightly using your fingers.

8. Bake for about 40 minutes and let cool completely before cutting into 16 squares.

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition

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