

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

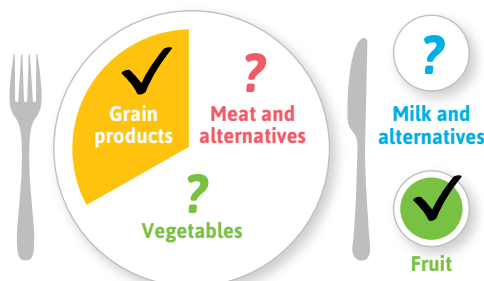


250 ml (1 cup)
rolled oats



2.5 ml (½ tsp)
vanilla




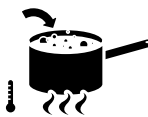






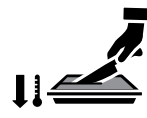
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Balanced plate

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

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