
APPLE SQUARES

(Dairy-Free, Egg-Free, Vegetarian, Vegan)

Yield: 16 servings, 1 serving = 1 square **Total time:** 50 minutes

Ingredients

- 1 1/2 cups all-purpose flour
- 1 cup old-fashioned oats
- 1 cup light brown sugar
- 1 teaspoon lemon zest
- 3/4 tsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon OR apple spice
- 3 tbsp canola oil
- 1/4 cup apple juice concentrate, thawed
- 2 medium Granny smith apples, thinly sliced
- 1/4 cup chopped walnuts

Directions

1. Preheat oven to 350°F. Coat a 9-inch square baking pan with cooking spray. Thinly slice apples and set off to the side.
2. Combine flour, oats, brown sugar, lemon zest, baking powder, salt, and cinnamon (apple spice) in a large bowl. Work in oil and concentrate with your fingers until coarse crumbs form.
3. Firmly press 2 cups of the oat mixture into the baking pan. Arrange sliced apples over the crust in 3-rows. Mix walnuts into the remaining oat mixture. Sprinkle mixture evenly over the apples and pat firmly into an even layer.
4. Place baking pan into oven and bake for 30-25 minutes or until top is golden brown and the apples are tender when pierced with a fork. Cool on a wire rack for 5 minutes before serving.

Per serving: 160 Calories; Total Fat 4g; Total Carbohydrates 29g; Fiber 1g; Protein 2g



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Grocery List

- All-purpose flour
- Old-fashioned oats
- Light brown sugar
- Lemon zest
- Baking powder
- Salt
- Cinnamon
- Canola oil
- Apple concentrate
- Apples
- Walnuts

Kitchen Equipment

- Baking pan
- Cutting board
- Knife
- Measuring cups & spoons
- Spatula
- Large bowl
- Microplane

Spotlight Ingredient: Apples

- Apples are low in sodium, fat, and cholesterol. They don't offer protein, but apples are a good source of vitamin C, fiber and plant chemicals called flavonoids. If you take off the apple's skin before eating it, you won't get as much of the fiber or flavonoids.
 - Fiber can slow digestion, so you feel fuller after eating. It can also aid in protecting against blood vessel and heart damage. Lower your cholesterol, and might protect your cells' DNA from something called oxidative damage, which is one of the things that can lead to cancer.
 - Flavonoids have beneficial anti-inflammatory effects that can aid to prevent the development of CVD, diabetes, cancer, and cognitive diseases like Alzheimer's and dementia.
- When you're buying apples, make sure they feel firm and heavy. The skin shouldn't have bruises, cuts, or soft spots.
- Make sure to store apples in your refrigerator to keep them fresh longer. They can be stored at room temperature, but they'll ripen much faster.

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