



Apple Granola Bars

This recipe was created by Chef **Chester Rodriguez** –**Wieck**, for the Gleaning Abundance Program Harvest Recipe Book, 2023, from **Kamloops Food Policy Council**.

 Yield: 25

 Serving Size: 1 piece

Ingredients

- 250 ml quick cook oats
- 250 ml rolled oats
- 30 ml chia seeds
- 7 ml cinnamon
- 1 large egg
- 30 grams (¼ cup) coconut oil or melted butter*
- 250 ml apple purée or applesauce **
- 1 apple, small, diced***
- 15–30 ml maple syrup or honey optional****

Notes

*Butter and coconut oil can be replaced with alternatives such as olive oil, grape seed oil, etc.

**If applesauce or apple puree isn't available, you can easily make your own by taking some apples and putting them in an immersion blender.

***Apples for dicing can be fresh or frozen, whichever you prefer.

****Maple syrup or honey can be substituted for sugar or syrup alternatives.

Method

Step 1

Preheat your oven to 180°F or 375°C.

Step 2

In a medium bowl, mix the oats, chia seeds and cinnamon.

Step 3

Add the coconut oil or melted butter, apple purée and egg. Mix to combine.

Step 4

Fold in diced apple.

Step 5

Line a baking tray or a square/rectangle cake tin with parchment.

Step 6

Press the mix into the bottom of the baking dish so that it is an even layer, it should be around 1.5–2cm thick.

Step 7

Bake for 25 mins, it should be firm to the touch but not hard.

Step 8

Cool and slice into squares.



- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.
- Return all ingredients to refrigerated storage if preparation is delayed or interrupted.
- Hold cold items below 40°F or 4°C, and hot food items above 140°F or 60°C.