

Apple Day Bars

Enjoy this delicious recipe from Miss Michelle's Cafe. Uncle Hubert created this family recipe and he handed it down to Miss Lucy and Miss Lucy handed it down to Miss Michelle!

Warning: this recipe contains nuts



Ingredients

4 cups	old-fashioned oats
1 ½ cups	brown sugar
1 cup	wheat germ
2 cups	unbleached flour
1 ½ teaspoons	salt
1 ½ teaspoons	cinnamon
2	eggs
1 cup	honey
1 cup	vegetable oil
4 teaspoons	vanilla extract
1 cup	dried apples, diced
¼ cup	ground almonds

Directions

Find an adult to help you with this recipe! 😊 Preheat the oven to 350 degrees.

Find a large mixing bowl and a wooden spoon. Put these dry ingredients in the bowl: oats, brown sugar, wheat germ, flour, salt and cinnamon. Stir everything together and leave an empty space in the center of the bowl.

Find a medium mixing bowl. Crack the 2 eggs into the bowl and whisk with a fork. Pour the eggs into the empty space in the center of the large bowl. Don't mix them together yet!

Add these ingredients to the large bowl in the same space you added the eggs: honey, vegetable oil, vanilla extract. Gently stir all the ingredients together just a little. Add the dried apple pieces and the ground almonds. Stir the batter just until smooth.

Find two glass pans, about 8'x11' in size. Pour half the batter into each pan.

Ask your adult helper to put the pans in the preheated oven. Bake for 25-30 minutes, or until lightly browned.

Ask your adult helper to remove the pans from the oven and let the bars cool. Cut into 24 squares and enjoy!



Listen to Miss Lucy and Miss Michelle bake this recipe in the 2019 Mini Adventure *Apple Day Bars* at

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