

# Apple Butter Oatmeal Bars FIT

Serving Size: 1 bar

Makes 24 servings

## Ingredients:

as needed	Cooking Spray
2 cups	Old Fashioned Oats
2 cups	All Purpose Flour
1 ½ cups	Light Brown Sugar
½ tsp	Salt
½ tsp	Baking Soda
1/3 cup	Canola Oil
½ cup	Apple Juice
2 ¼ cups	Apple Butter

## Preparation:

1. Preheat oven to 325°F degrees.
2. Lightly oil a 1/2 sheet pan with nonstick cooking spray; set aside.
3. In a large bowl, work together oats, flour, brown sugar, salt and baking soda until no lumps of brown sugar remain. Drizzle oil and apple juice over the oats and mix until evenly moistened and crumbly. Set aside 1/2 cup for the topping; press the remainder evenly into the prepared sheet pan. Spread apple butter over the top. Sprinkle with reserved oat topping.
4. Bake for 20-25 minutes, or until golden. Let cool in the baking pan on a wire rack.
5. Cut 4x6 into 24 equal portions.

### NUTRITION FACTS

#### PER SERVING

<b>calories</b>	155
<b>total fat (g)</b>	4
saturated fat (g)	0
trans fat (g)	0
<b>sodium (mg)</b>	80
<b>total carbohydrate (g)</b>	29
dietary fiber (g)	1
sugar (g)	16
<b>protein (g)</b>	2



**RD APPROVED**



[FLIK-USA.com/blog](https://FLIK-USA.com/blog)

BLOG



FLIK Hospitality Group



@FLIKHospitality

Food by FLIK