

Apple-Plum Oat Bar

Serves: 9 (3-inch) bars

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients:

- 2 cups dried plums
- 1 ¼ cups water
- 1 teaspoon vanilla
- 1 ½ cups oats
- 1 ½ cups flour (wheat or white)
- ½ teaspoon salt
- ¾ teaspoon baking soda
- ¾ cup brown sugar
- ½ cup peanut butter
- ½ cup applesauce

Directions:

1. Preheat oven to 350 F
2. In small pot combine the dried plums and water, bring to a boil, then reduce heat to a simmer. Stir every few minutes until thickened (about 20 minutes).
3. Remove from heat, stir in vanilla and set aside.
4. In a separate large bowl combine the oatmeal, flour, salt, brown sugar, and baking soda.
5. Mix in the applesauce and peanut butter (you may need to use your hands to mix).
6. Once mixed, press half of this mixture into the bottom of a 9-inch square pan and bake in the preheated oven for 5-6 minutes.
7. Once the base is finished baking, remove from the oven and spread the dried plum sauce over the top.
8. Spread the rest of the crumb mixture over the top of the filling.
9. Place back into the oven for 20-25 minutes, or until the top is lightly toasted. Allow to cool, and then cut into squares and enjoy



Apple-Plum Oat Bar

Serves: 9 (3-inch) bars

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients:

- 2 cups dried plums
- 1 ¼ cups water
- 1 teaspoon vanilla
- 1 ½ cups oats
- 1 ½ cups flour (wheat or white)
- ½ teaspoon salt
- ¾ teaspoon baking soda
- ¾ cup brown sugar
- ½ cup peanut butter
- ½ cup applesauce

Directions:

1. Preheat oven to 350 F
2. In small pot combine the dried plums and water, bring to a boil, then reduce heat to a simmer. Stir every few minutes until thickened (about 20 minutes).
3. Remove from heat, stir in vanilla and set aside.
4. In a separate large bowl combine the oatmeal, flour, salt, brown sugar, and baking soda.
5. Mix in the applesauce and peanut butter (you may need to use your hands to mix).
6. Once mixed, press half of this mixture into the bottom of a 9-inch square pan and bake in the preheated oven for 5-6 minutes.
7. Once the base is finished baking, remove from the oven and spread the dried plum sauce over the top.
8. Spread the rest of the crumb mixture over the top of the filling.
9. Place back into the oven for 20-25 minutes, or until the top is lightly toasted. Allow to cool, and then cut into squares and enjoy

