

# Apple crumble bars

150g apple, peeled, core removed and sliced

50g pitted Medjool dates

20ml unsweetened almond milk (or use milk of your choice)

2 tsps maple syrup (or use liquid sweetener of your choice)

1 tbsp coconut oil or butter, melted

1 egg

1 tsp vanilla or almond extract

50g plain white flour (use gluten free if preferred)

30g oats (use gluten free if preferred)

$\frac{3}{4}$  tsp ground cinnamon

a small pinch of baking powder

1 small pinch of sea salt

40g vanilla flavour whey or rice protein powder (optional)

**MAKES 6 BARS**



PER BAR:

139 Calories

**21g Carbs**

**7g Protein**

**3g Fat**

Bring a small saucepan of water to the boil. Add the apple and reduce heat to simmer. Cook for 3 minutes or until the apple is soft. Drain well.

Preheat oven to 170°C/350°F. Line the base of a 15x15cm baking tin with baking paper.

Place the dates and milk in a blender or food processor and blend into a paste. Mash the apple in a large bowl. Add the date paste, maple syrup, coconut oil, egg and vanilla extract. Mix well using an electric hand mixer.

Sieve the flour into a large bowl. Add the oats, cinnamon, baking powder, salt and protein powder (if using). Stir gently with a spatula.

Add the dry mixture to the wet mixture and mix well until thoroughly combined. Transfer the mixture to the baking tin. Spread evenly to cover the base of the tin. Bake for 15 minutes or until the centre is firm to the touch. Allow to cool then cut into 6 bars.

*Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.*

