

Cinnamon Applesauce and Granola Bars

Diana Cuttrell

SKILLS LEARNED

- How to peel and cook apples
- How to make Granola Bars

EQUIPMENT

- Measuring Cups
- Saucepan
- Masher
- Peeler
- Food Processor

CINNAMON APPLESAUCE

YIELD

Makes about 3 cups

INGREDIENTS

- 3 pounds apples, peeled, cored, cut into 3/4-inch pieces
- 1 cup water
- 1/3 cup (packed) golden brown sugar
- 2 1/2 tablespoons fresh lemon juice
- 1/2 teaspoon ground cinnamon

PREPARATION

1. Combine apples, 1 cup water and brown sugar in heavy medium saucepan. Bring to boil, stirring occasionally. Reduce heat, cover and simmer until apples are very tender, about 25 minutes. Uncover and simmer until almost all liquid in saucepan has evaporated, about 6 minutes. Remove from heat. Stir in lemon juice and cinnamon. Cool 30 minutes.
2. Using fork, mash apple mixture until coarse and chunky. Serve at room temperature or refrigerate until cold. (Applesauce can be prepared 3 days ahead. Cover and keep refrigerated.)



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GRANOLA BARS

ACTIVE TIME 30 minutes

TOTAL TIME 55 minutes

INGREDIENTS

- Nonstick vegetable cooking spray
- 1 1/4 cups dried fruit (cherries, raisins, currants, cranberries, and/or blueberries), divided
- 2/3 cup honey
- 1/2 cup creamy almond, peanut, or sunflower butter
- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon kosher salt
- 1 teaspoon vanilla extract
- 1 1/2 cups old-fashioned oats, divided
- 1/2 cup raw pumpkin seeds
- 1/2 cup raw sesame seeds
- 1/2 cup raw sunflower seeds
- 1/2 cup unsweetened coconut flakes

PREPARATION

1. Preheat oven to 325°F. Lightly coat a 13x9" pan with nonstick spray and line with parchment paper, leaving an overhang on both long sides; spray parchment.
2. Pulse 3/4 cup fruit and 1/2 cup hot water in a food processor until smooth and incorporated, 3–4 minutes. Add honey, almond butter, cinnamon, salt, and vanilla and pulse until combined, about 15 seconds. Add 1/2 cup oats and pulse until well combined, 30–45 seconds. Add pumpkin seeds, sesame seeds, sunflower seeds, coconut, and remaining 1 cup oats and 1/2 cup fruit. Pulse until just combined, about 15 seconds.
3. Transfer mixture to prepared pan, pressing down until completely even. Bake granola until darkened, firm around the edges, and the center gives just slightly when pressed, about 35 minutes. Transfer pan to a wire rack and let cool in pan. Remove granola using parchment overhang, then cut into 20 bars with a serrated knife.

Cooks' Note

For crisp bars, arrange baked, sliced bars on a baking sheet and bake at 350°F until golden brown, 8–10 minutes, or toast as desired in a toaster oven.