



Ashley's Meal Prep Monday!



Apple Pie Oatmeal Bars - with Protein!

INGREDIENTS

1 ½ cups applesauce
1 cup ¼ inch peeled
cubed apples

3 TBSP maple syrup

1 ½ TSP apple pie
spice

1 TSP vanilla

2 cups quick oats

Optional: scoop of

protein powder,

chocolate chips, nuts,

etc.



Preheat oven to 350 and line an 8x8 inch baking pan with parchment paper. Add applesauce to a large mixing bowl. Add in the maple syrup, apple pie spice and vanilla and mix until evenly combined.

Add in the quick oats and protein powder (I used Brown Sugar Oatmeal by Be Amazing) and mix with a spatula until the oats are fully incorporated. The mixture should be thick. You can do a taste test and see if you want to add more syrup or apple pie spice. Stir in the small apple cubes until they are evenly mixed in.

Transfer the batter into the prepared baking pan, using a spatula to spread across the pan and smooth out the surface. Bake for 35-40 minutes, or until the top is lightly golden on the surface and cooked through.

Let the bars cool fully before removing them from the pan and cutting. Enjoy as a breakfast bar, snack, or add a scoop of ice cream as a desert!

Recipe Idea: kirbiecravings.com

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