

# Apple Butter Oat Bars

## INGREDIENTS

- 1 ½ cups flour
- 1 ½ cups whole oats
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon fine salt
- 1 ½ sticks (¾ cup) unsalted butter, melted
- ¾ cup coconut sugar
- 1 teaspoon molasses
- 1 cup apple butter

## DIRECTIONS

1. Preheat oven to 350°F. Line an 8" square pan with parchment paper, leaving an overhang for easy lifting.
2. In a bowl, combine the flour, oats, cinnamon, nutmeg, and salt. Set aside.
3. In a large bowl, whisk together the melted butter, coconut sugar, and molasses until thick and smooth.
4. Stir in the dry mixture with a spatula until fully combined (the mixture will be crumbly).
5. Press ⅔ of the mixture into the bottom of the prepared pan.
6. Spread apple butter evenly over the crust.
7. Sprinkle the remaining oat mixture on top and gently press it down.
8. Bake for 35–40 minutes, until lightly golden brown.
9. Cool completely on a rack. Lift out with parchment and cut into squares.