



## **Appealing Apple Grain Cookie Bars with Country Applesauce+Amazing Apple Orchard Smoothies**

By Dylan Sabuco

**Prep Time 20 / Cook Time 35 / Serves 4 - 6**

### **Shopping List**

- FRESH
- 4 apples (your choice of type)
- 1 to 2 bananas
- DAIRY
- 1 C unsalted butter **\*\* (see allergy subs below)\*\***
- 2 C milk **\*\* (see allergy subs below)\*\***
- PANTRY
- 1 C brown sugar
- 2 tsp ground cinnamon
- 2 C all-purpose flour **\*\* (see allergy subs below)\*\***
- 2 C quick oats **\*\* (see allergy subs below)\*\***
- 1/2 tsp salt
- HAVE ON HAND
- 1 C water
- 2 C ice

### **Fun-Da-Mentals Kitchen Skills**

**bake:** to cook food with dry heat, as in an oven.

**cut in:** to mix a cold, solid fat, like butter or shortening, into a dry ingredient, like flour, until there are particles of fat covered with the dry ingredient. The recipe might call for "pea size" particles or a mixture that looks like "coarse meal." You can use a pastry blender, two knives, or your fingers to cut in the fat.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

## Equipment

- Blender (or pitcher + immersion blender)
- Measuring cups
- Skillet
- Cutting board
- Kid-safe knife
- Measuring spoons
- Wooden spoon
- Oven
- Muffin pan
- Large mixing bowl

## Ingredients

### Appealing Apple Grain Cookie Bars with Wooden Spoon Country Applesauce

- Applesauce:
- 4 apples (your choice of type)
- 3/4 C brown sugar
- 3/4 C water
- 2 tsp ground cinnamon
- Cookie dough:

- 2 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- 2 C quick oats **\*\* (for CELIAC sub certified gluten-free oats)\*\***
- 2 T brown sugar
- 1/2 tsp salt
- 1 C cold unsalted butter **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free unsalted butter)\*\***
- 2 T cold water

## Amazing Apple Orchard Smoothies

- 3/4 C Wooden Spoon Country Applesauce
- 1 to 2 bananas
- 2 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- 2 C ice

## Food Allergen Substitutions

### Appealing Apple Grain Cookie Bars with Wooden Spoon Country Applesauce

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

**Celiac:** Substitute certified gluten-free oats.

**Dairy:** Substitute dairy-free/nut-free unsalted butter.

### Amazing Apple Orchard Smoothies

**Dairy:** Substitute dairy-free/nut-free milk.

## Instructions

### Appealing Apple Grain Cookie Bars with Wooden Spoon Country Applesauce

#### intro

If you close your eyes and try really hard, I bet just about anyone can imagine the smell of warm apples, sugar, and cinnamon filling your home and heart with the best fragrance. This dish is inspired by those smells and feelings invoked by baking a fresh apple pie. Instead of making one big pie, today we will create tiny apple crisp cookies that combine all the best parts of an apple pie with a cookie base. Let's get cooking!

### chop + measure + boil

We'll start with the applesauce! Roughly chop **4 apples** and place them in a skillet over medium-high heat. Then, measure and add **3/4 cup brown sugar**, **3/4 cup water**, and **2 teaspoons cinnamon**. Bring to a boil.

### cook + blend

Turn the heat to medium-low and cook for at least 15 minutes. Then, pour the mixture into a blender (or pitcher for use with an immersion blender) and blend until smooth. If you prefer chunky applesauce, just smash the apples with a wooden spoon.

### preheat

Preheat your oven to 350 F.

### measure + cut in

The cookie dough step is quite easy! Measure and add the following to a large bowl: **2 cups flour**, **2 cups quick oats**, **2 tablespoons brown sugar**, **1/2 teaspoon salt**, **1 cup cold butter**, and **2 tablespoons cold water**. The best part is we can stir with our hands from the beginning by using our fingers to pinch the butter and other ingredients together. This is called 'cutting in'. Typically, cutting-in occurs when two forks or a pastry cutter gently incorporate butter into flour.

### build + bake

Once you have a ball of dough formed, divide the dough into 24 equal-sized small pieces. Press a ball of dough into each of the wells of a muffin pan. Then, spoon 2 teaspoons to 1 tablespoon of the applesauce over the dough for each cookie bar. Lastly, flatten the remaining balls of dough and place those over the top of the applesauce. Bake for 20 minutes or until golden brown. The top will be less baked than the bottom, and that is totally fine!

### eat + enjoy

Remove the cookie bars from the oven, allow them to cool, and dig in! Enjoy!

## Amazing Apple Orchard Smoothies

### measure + blend

Measure the following into a blender (or pitcher for use with an immersion blender): **3/4 cup Wooden Spoon Country Applesauce**, **1 to 2 bananas**, **2 cups milk**, and **2 cups ice**. Blend until smooth. Cheers!

## Featured Ingredient: Oats!

Hi! I'm Oats!

"Did you know I'm a type of cereal grain, the edible seeds of oat grass?! I make a healthy and filling hot cereal called 'oatmeal' and delicious desserts!"

## History

Oats were one of the earliest cereals cultivated by man. They were known in ancient China as long ago as 7,000 BCE. The ancient Greeks were the first to make oatmeal or porridge from oats.

Wild oats were cultivated for thousands of years before the plant was domesticated.

Canada produces the most oats, followed by Russia. In the United States, oats are grown mainly in the northern Midwest states: North Dakota, Iowa, Minnesota, South Dakota, and Wisconsin.

Production and acreage of oats have declined steadily since 1945, when a record 1.5 billion bushels were produced utilizing 42 million acres.

Oatmeal Month is celebrated each January when we buy more oatmeal than any other month. In January, we stock our pantries with about 35 million pounds of oats, enough to make 346 million bowls of oatmeal. Eighty percent of US households have oatmeal in their cupboard.

Only about five percent of the world's oat crop is consumed as food by humans; most of the crop is fed to animals, like cattle, goats, horses, pigs, and sheep. Some birds will also eat oats, including blackbirds, doves, finches, pigeons, and sparrows.

The word "oat" comes from the Middle English "ote" (the grain of the oat plant or the plant itself), from the Old English *āte*, of unknown origin.

## Anatomy

Oat grasses come from the Poaceae family, which includes other cereal grains, bamboos, and natural grassland.

The plant can grow to around 5 feet tall. Its long, narrow, pointed leaves grow upward and can be 3 to 16 inches long. Clusters of spikelets branch off from the top of the plant, which contain flowers that mature into oat seeds or grains.

Plant biologists believe oat plants are a secondary crop, meaning they came from a weed that mimicked a primary cereal crop plant, like wheat.

Oats like cooler (but not cold) weather and wetter summer weather to grow. Their growth can outpace weeds, and they are not as affected by crop disease as other cereal grains, such as barley and wheat.

An oat grain kernel is called a "groat" after removing the hull. It is a whole grain, including the germ, bran, and endosperm. Groats can be eaten but are quite chewy and require soaking before cooking.

## How to Buy & Eat

Oats come in several forms. Most can be made into porridge, and some can be added to baked goods.

Cooking times below are for the stovetop method. All types, except whole groats, can be cooked in the microwave; however, rolled, quick, or instant oats would probably be the most successful using this method.

Whole groats are the whole oat grain. They have the longest cooking time, taking 45 minutes to 2 hours. Soaking them overnight shortens the cooking time and makes them easier to digest.

Steel-cut or Irish oats are whole groats cut into smaller pieces. Their cooking time, at 20 to 30 minutes, is shorter than whole groats but longer than rolled oats.

Scottish oats are groats that have been stone-ground into paper-thin pieces. They result in a creamier porridge and take about 10 minutes to cook.

Rolled or Old Fashioned oats are groats that have been steamed and rolled into flakes. Their cooking time is 5 minutes.

Quick or instant oats are rolled oats that have been further steamed and flattened and take 1 to 3 minutes to cook.

Oat Bran is the outer part of the whole groat. The groat is ground, and the bran is separated from the flour. Oat bran takes about 1 to 3 minutes to cook.

The most popular oatmeal topping is milk. Other possible toppings include a sweetener, like sugar, honey, or maple syrup; fruit, like raisins, bananas, or blueberries; and butter or margarine. Eggnog, peanut butter, cottage cheese, and brewer's yeast are more unusual toppings.

Besides oatmeal, some other foods with oats as an ingredient are bread, cookies, crisps or crumbles, pies, cakes, meatloaf, and milk (oat milk).

Non-food uses for oats include refrigerator deodorizer, bath products and lotions for itchy skin, and homemade play dough!

## Nutrition

Oats are high in fiber and protein! They are also a good source of B vitamins and minerals.

Oats have some cancer-preventing properties and benefit the digestive system.