

Bite in and celebrate apple season in New England! From tart to sweet or crisp to soft, visit one of the many pick-your-own apple farms in the area and see which of the fruits you like the best. (Poverty Lane Orchards in West Lebanon and Riverview Farm in Plainfield are nearby.)

The old adage, “*an apple a day keeps the doctor away*,” is actually sound advice—apples provides fiber, vitamin C, and potassium along with the antioxidant quercetin. To meet the minimum recommended 2 cups of fruit each day, you can eat 2 small apples, 1 large apple, or 2 cups sliced or diced apples.

Slice and dice apples here to make this quick, but hearty no-bake snack needing only three other ingredients: a grain (quinoa flakes or oatmeal), a nut or seed butter, and a little maple syrup. Grains offer more fiber and protein, while nut butters add more protein too, along with healthy, satiating unsaturated fats. Be creative and improvise with optional ingredients. Warning: These disappear fast with friends around!



Apple, Nut Butter, Oat Squares

Ingredients

- 2 medium Apples (or Pears)
- 1 cup Nut Butter (Peanut, Almond, Sunflower Seed)
- 2 cups plain Quick Oats
- 2 tablespoons Maple Syrup or Honey
 - Optional add-ins:
 - 2 tablespoons Chia Seeds
 - 2 tablespoons Ground Flax or Wheat Germ
 - ½-1 teaspoon Ground Cinnamon
 - ½ teaspoon Vanilla extract (blend in with melted nut butter)

Instructions

1. Line an 8x8 (or 9x9) pan with parchment paper or grease with vegetable oil.
2. Wash, slice, and grate or small dice (1/4”) the apples (leaving the skin on as many of its nutrients reside around there.)
3. In a large glass or microwavable-safe bowl, melt the nut butter with the maple syrup (or honey) in the microwave for 30-45 seconds until it’s smooth and less viscous. Stir well.
4. Add grains and apples to the bowl and mix well with a rubber spatula (mix optional additional add-ins here.) Mix will be thick, but blend it well.
5. Scrape contents of bowl into prepared pan, cover well with foil or plastic wrap, and store in the refrigerator for at least one hour for contents to set enough to cut into squares.
6. Store in the refrigerator to keep firm, or at room temperature if you prefer them soft and sticky.