For a wonderful fall treat try the recipe below. These snack bars are made with wholesome ingredients and are great for an after-school snack or a healthy lunch box treat!

Apple Peanut Butter Snack Bars

Makes 9 Servings

Ingredients:

- 2 cups rolled oats
- 1 cup shredded apple (one medium apple)
- ¼ cup peanut butter
- ½ cup honey
- 2 eggs
- ½ tsp. cinnamon
- ½ tsp. pure vanilla extract

Directions:

1. Preheat oven to 350 degrees F. Grease a 9x9 baking dish and set aside.
2. Combine all ingredients in a medium bowl and mix well. Transfer the mixture to the baking dish and use the back of a wooden spoon or a spatula to press it down evenly.
3. Bake in the preheated oven for 20 minutes, or until the edges are just barely browned. Allow to cool before cutting into squares.

Nutrition Info Per Serving: 210 Calories, 6.2g Fat, 33.9g Carbohydrates, 6.3g Protein

Apples can be part of a healthful diet. A medium apple is about 95 calories and is a good source of dietary fiber and vitamin C. Most healthy adults should aim for 2 cups or 2 small pieces of fruit each day.

Choose apples that feel firm, smooth and heavy for their size with no soft or brown spots. When stored properly apples can last several months. Apples like cold and humidity, so store them in the coldest part of the fridge in an open bag. Cut apples will oxidize quickly; a squeeze of lemon juice over sliced apples prevents them from browning.