

Apple Cinnamon Bars

Who?

This recipe is brought to you by Nikki Martin, personal trainer and nutritional advisor.

For more recipes visit www.nikkimartin.co.nz.



Ingredients

1 cup whole wheat flour
1/2 cup rolled oats
1 tablespoon ground cinnamon
1 teaspoon baking powder
1/4 cup brown sugar
1/2 cup soft tofu
1/2 cup soymilk
1/4 cup apple juice concentrate
1/4 cup raisins
3/4 cup dried apples

Method

Preheat oven to 180 degrees.

Soak the raisins in the apple juice concentrate for 30 minutes.

Spray an 8-inch square pan with vegetable spray (or use non stick pan).

Stir dry ingredients together. Add apples and toss to coat. Stir together all wet ingredients.

Pour wet ingredients into the dry, fold together to evenly moisten the dry ingredients.

Spread this thick batter into the pan and bake for 20 minutes.
