

Breakfast | Snack

Apple Cinnamon Breakfast Bars

Side Effect: Nausea/Vomiting

15 Mins
Prep Time

30 Mins
Cook Time

12
Servings

140 Calories **2g Fat** **31g Carbs** **3g Protein**



Ingredients

12 Servings • 2x2 Inch Squares

45 Mins Total Time

Allergens: Nuts, Eggs, Gluten

2½ Cups Old Fashioned Oats, divided

2 Tsp Cinnamon

½ Tsp Baking Powder

¼ Tsp Salt

1 **Pasteurized** Egg

¾ Cup Unsweetened Apple Sauce

2 Tsp Vanilla Extract

¾ Cup Unsweetened Vanilla Almond Milk

½ Cup **Pasteurized** Honey

1 Medium Apple, **washed thoroughly** and grated

Nourishment Note



Oats

Oats are bland in flavor and mild in odor making them a well-tolerated food option during episodes of nausea.



Applesauce

Applesauce is mild in flavor and is low in fiber. Applesauce is part of the “BRAT” diet that is often used to help fight nausea. “BRAT” stands for, bananas, rice, applesauce, and toast.

Allergen Swap

Nuts Replace the almond milk with cow’s milk or nut-free milk alternative such as soy milk

Gluten Oats are naturally gluten-free, but for those with celiac disease certified gluten-free oats may be necessary

Eggs Replace the eggs with a commercial egg replacer or use ground flax seed. (Mix 1 tablespoon ground flax seeds with 3 tablespoons water. Set aside. Mixture equals 1 egg replacement.)

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Preheat Oven

Preheat oven to 350°F. Coat an 8x8 inch baking dish with cooking spray and set aside.

3. Combine Dry Ingredients

In a blender, place 1 cup of old-fashioned oats and blend until the oats turn to a flour-like consistency. Pour into a mixing bowl and add the additional 1 ½ cups oats, cinnamon, baking powder, and salt. Stir to combine.

4. Combine Wet Ingredients

In a separate bowl, whisk together the egg, applesauce, vanilla, almond milk, and honey. Wash hands and cooking surfaces after handling raw eggs.

5. Mix Ingredients

Mix the wet ingredients into the bowl with the dry ingredients and stir well.

6. Add Apple & Bake

Fold in the grated apple. Pour mixture into the prepared baking dish and bake for approximately 30 minutes, or until a toothpick inserted in the middle comes out clean.

7. Cool & Serve

Allow to cool completely before consuming; cut into bars and serve. Cover and store bars in the refrigerator within 2 hours. Bars will keep in the refrigerator for up to 2 days.

8. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: superhealthykids.com

What You'll Need



8x8 Inch Baking Dish



Cooking Spray



Blender



Bowls (2)



Spoon



Whisk



Measuring Cups



Measuring Spoons



Knife



Box Grater

Fatigue Buster

- Ask a family member or trusted friend to help prepare this recipe.
- Try to make a double batch. Freeze the bars in single servings and defrost in the microwave on days when energy levels are low to stay nourished. Bars will keep covered in the freezer for up to 3 months.