



Gluten-Free Caramel and Apple Oat Squares



Ingredients

Makes 16

gluten-free cooking oil spray

150g sunflower seed butter

125g apple sauce

50g unsalted butter at room temperature

1 tsp lemon juice

225g gluten-free rolled oats

100g brown sugar

1 tsp ground cinnamon

$\frac{1}{2}$ tsp fine sea salt

1 tsp pure vanilla extract

2 medium apples, peeled, cored, and chopped

Caramel Sauce

4 tbsp brown sugar

1 tbsp unsalted butter

2 tbsp full fat coconut milk

Equipment

20 x 20cm baking tray

baking paper

fridge

cutting board

knife

spoon

small saucepan

oven hob

Method

1. Preheat the oven to 180°C.
2. Generously spray a baking tray with cooking oil. Line the pan with baking paper so that it hangs over the sides.
3. In a mixing bowl, stir together the sunflower seed butter, applesauce, unsalted butter and lemon juice, until smooth. Add the oats, brown sugar, cinnamon, salt and vanilla. Stir in the chopped apples.
4. Pour the batter into the prepared tray. Level the top with a spatula. Bake for 35-40 minutes or until golden brown and fairly firm (they will firm up more after cooling but will always be on the soft side).
5. Let them cool to room temperature, then refrigerate for 2 hours.
6. Remove the bars from the pan by lifting the baking paper out. Place on a cutting board and cut into 16 squares

Make the sauce:

In a small saucepan, mix all the sauce ingredients and cook over low heat, stirring, until smooth and thickened – for about 2 minutes. Drizzle over the top of the bars.

