



# Apple Pie Squares

## With Date Caramel Sauce

Inspired by warm, gooey, flakey apple pie, these delicious squares are filled with good fats and fibre.

Makes 8 Servings

### Ingredients

#### Crust and Topping:

2 cups almond flour  
1 cup rolled oats  
2 tbsp coconut sugar  
1/2 tsp sea salt  
1/3 cup coconut oil  
1 egg  
¼ cup roughly chopped walnuts

#### Filling:

4 cups granny smith and fuji apples, peeled, cored, and thinly sliced  
1 tbsp lemon juice  
1½ cinnamon  
1 tbsp coconut sugar  
1 tbsp coconut oil

#### Date Caramel:

6 medjool dates, pitted  
½ cup warm water  
2 tbsp milk or milk alternative  
1 tsp vanilla extract  
Pinch of sea salt

### Steps

1. Preheat the oven to 350°F.
2. Make the crust: combine almond flour, oats, coconut sugar, and salt until combined. Add coconut oil and egg, and mix with a pastry cutter, fork, or your fingertips until mixture is crumbly like sand. (You can also use a food processor.) Take half of the mixture and mix in the walnuts. This will be the topping. Set aside.
3. Spray a 7 x 11-inch baking dish with cooking spray and add the remaining half of the crust mixture. Spread it evenly in the dish and press it down with the back of a cup. Poke a few holes with a fork for heat to escape. Bake for 10 minutes until golden.
4. Make the filling: In a bowl, combine apples, lemon juice, cinnamon, and coconut sugar. Melt coconut oil over medium-low heat. Add apple mixture and stir until apples begin to soften (about 10 minutes). Apple juices should be mostly evaporated by this point.
5. Spread apple mixture over the bottom crust. Sprinkle the remaining crust mixture (with walnuts) over the apples. Bake for 20 minutes. Remove and cool to room temperature before slicing into squares.
6. Make Date Caramel: combine all ingredients in a blender and blitz until creamy. If it's too thick, add water (about 1 tbsp at a time). Drizzle over squares and enjoy!

### Nutrition Information

414 Calories | 38.6g Carbohydrates | 26.2 Fat | 9.3g Saturated Fat | 7.7g Fibre | 9.6g Protein | 81mg Sodium | 20.5g Sugar

Source: [www.foodnetwork.ca](http://www.foodnetwork.ca)