



Apple Pie Bars

with Nut Crumble



2h



2 Servings

These bars have all the flavor and texture of apple pie but without the need to roll out fussy pie dough. The shortbread crust is simply pressed into the pan and baked. We cover the shortbread with spiced apples and top it all with a crunchy pecan-seed crumble. All the highlights of apple pie in a hand-held bite! (2p-plan serves 16; 4p-plan serves 24—nutrition reflects 1 bar)

What we send

- 1 oz pecans ⁴
- 1 lemon
- 2½ oz confectioners' sugar
- 2 (5 oz) all-purpose flour ⁵
- ¼ oz pkt toasted sesame seeds ³
- 1 oz pumpkin seeds
- 5 oz dark brown sugar
- 3 apples
- ¼ oz cornstarch
- ¼ oz warm spice blend

What you need

- nonstick cooking spray
- 3 Tbsp butter & 6 Tbsp softened butter ²
- 1 large egg yolk ¹
- vanilla extract
- kosher salt

Tools

- 8x8-inch baking dish
- parchment paper
- microplane or grater
- hand-held electric mixer
- medium nonstick skillet

Allergens

Egg (1), Milk (2), Sesame (3), Tree Nuts (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 230kcal, Fat 11g, Carbs 32g, Protein 3g



1. Prep ingredients

Preheat oven to 350°F with a rack in the center.

Coat an 8x8-inch baking dish with **cooking spray**, then line with parchment paper.

Coarsely chop **pecans**. Finely grate ½ **teaspoon lemon zest**. Cut **3 tablespoons butter** into ½-inch cubes; set aside until step 4.



4. Make seed crumble

Meanwhile, in a small bowl, combine **cubed butter, sesame seeds, pumpkin seeds, pecans, ¼ cup flour, 3 tablespoons brown sugar**, and ¼ **teaspoon salt**. Use your fingertips to rub butter into mixture until well combined and mixture resembles wet clumps of sand.



2. Make dough

In a medium bowl, use an an electric mixer to beat **confectioners' sugar** with **6 tablespoons softened butter** until combined, about 1 minute. Add **1 large egg yolk** (save egg white for own use) and ½ **teaspoon vanilla** to butter; mix until combined. Add **1 cup flour** and ½ **teaspoon salt**; mix just until dough forms (it may still be a bit crumbly, that's OK!).



5. Cook apples

Peel **apples**; halve, remove and discard cores, and thinly slice fruit.

Heat **2 tablespoons butter** in medium nonstick skillet over medium-high. Add apples and **a pinch of salt**. Cook, stirring occasionally, until just tender, 5-7 minutes. Remove from heat, then stir in **cornstarch, lemon zest, remaining brown sugar, 1½ teaspoons warm spice blend**, and ½ **teaspoon vanilla**.



3. Bake dough

Press **dough** into an even layer in prepared baking dish; poke surface all over with a fork. Transfer to center oven rack; bake until edges just start to brown, 22-25 minutes.



6. Bake & serve

Transfer **apple filling** to par-baked crust; spread into an even layer. Sprinkle **seed crumble** over top.

Return to center oven rack and bake until top is browned and filling is bubbling, about 45 minutes. Let cool completely, then transfer to fridge to cool for at least 2 hours. Cut into bars for serving. Enjoy!