THE LIGHTER PLATE METHOD

Air-Fryer Apple & Cinnamon Oat Bars

Chewy, apple-scented bars you can bake once and grab all week.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**8**	**EASY**

Ingredients

- 180 g porridge oats
- 1 apple (coarsely grated)
- 1 tsp ground cinnamon
- 3 tbsp almond butter
- 4 tbsp maple syrup
- 60 g raisins
- 1 pinch salt

Method

1. Heat the air fryer to 160°C and line the basket or a small tin with baking paper.
2. Warm the almond butter and maple syrup together in a small pan for 1 minute until loose and pourable.
3. Mix the oats, grated apple, cinnamon, raisins and salt in a bowl, then pour over the almond butter mixture and stir until every oat is coated.
4. Press firmly into the lined basket in an even layer about 2cm thick — press harder than feels necessary.
5. Cook for 15 minutes, until golden at the edges. Cool completely in the tin before cutting into 8 bars.

Tips & swaps

- They must cool fully before cutting or they crumble. Squeeze some liquid out of the grated apple first if it looks very wet.

Storage & reheating

Keeps in an airtight container for up to a week.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
160	**4g**	**24g**	**6g**	**3g**

Estimated values, for guidance only. Contains: Oats (gluten), Tree nuts (almonds).