

## Walnut-Apple Crisp Bars

Recipe 261 of 365

Made with white whole wheat and a smidge less sugar than I would have liked to use, these are bars for those who like to pick the top crust off a good apple crisp. Be sure to use fresh, tart apples.

All-purpose flour can be used in lieu of white whole wheat.

TIME: 40 minutes active time

MAKES: 16 bars

For the crust:

Vegetable oil spray

1 1/2 cups white whole wheat flour

1/4 cup confectioners' sugar (straight from the package)

1/2 cup chopped walnuts

1/2 teaspoon ground cinnamon

2 sticks unsalted butter, at room temperature

For the filling:

3 pounds Honey Crisp apples (about 6 large), peeled and chopped into 1/2" pieces

1/2 cup sugar

1/3 cup white whole wheat flour

1 teaspoon ground cinnamon

For the topping:

3/4 cup white whole wheat flour

3/4 cup whole oats

3/4 cup (packed) brown sugar

1/2 cup chopped walnuts

1 teaspoon ground cinnamon

3/4 stick (6 tablespoons) unsalted butter, melted

Preheat the oven to 350 degrees. Grease a 9" x 13" (preferably square-sided) pan with the vegetable oil or with butter, and set aside.

Make the crust: In the work bowl of a food processor, whirl the flour, confectioners' sugar, walnuts, and cinnamon until the nuts are finely chopped. Cut the butter into cubes, add to the dry mixture, and pulse 20 times. Dump the dough into the baking pan, spread into an even layer, and use the palms of your hands to press the crust into the bottom of the pan. Bake for 20 minutes on the middle rack, or until firm and just barely beginning to brown.

Meanwhile, make the filling: In a mixing bowl, stir all the filling ingredients together until the apples are evenly coated, and set aside.

Then make the topping: Mix everything but the butter together in another mixing bowl. Add the melted butter, and use your hands to work it into the dry ingredients until everything is moistened. Set aside.

When the crust has baked, remove it from the oven, spread the apples over it in an even layer, and bake 20 minutes.

Next, sprinkle the topping over the apples, and bake 45 to 60 minutes more, or until the apples are soft the topping is deep brown.

Let cool 30 minutes before cutting into bars. Serve with ice cream.