



Apple Bars

Ingredients

- 1/2 cup all-purpose flour
- 1/2 whole-wheat flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cups packed brown sugar
- 1 cup old fashioned rolled oats
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 pinch cloves (optional)
- 1/2 cup butter or margarine
- 3 cups sliced apples (about 2 apples, 3-inch diameter, peeled)
- 2/3 cup raisins
- 1/4 cup sugar

Nutrition Facts

Serving size:	1 bar
Servings per container:	12
Calories.....	230
Fat.....	8g
Saturated fat.....	1.5g
Cholesterol.....	0mg
Sodium.....	180mg
Carbohydrate.....	38g
Fiber.....	3g
Protein.....	3g
Calcium.....	21mg
Iron.....	1mg
Vitamin C.....	2mg

Recipe provided by:
Food Hero, Oregon
State University
Extension,
foodhero.org

Directions Wash hands and all food preparation surfaces.

1. Preheat oven to 350 degrees F. Lightly grease a 9x13 inch baking pan
2. Mix flour, salt and baking soda together in a large bowl. Add brown sugar, oats, cinnamon, nutmeg, and ground cloves, if desired.
3. Cut in butter or margarine with a pastry blender or 2 knives until mixture is crumbly.
4. Spread half of the crumb mixture in the baking pan. Tap with apple slices and raisins and sprinkle with sugar. Spread remaining crumb mixture evenly over apples.
5. Bake for 40-50 minutes. Cool and cut into 12 bars.

Notes

- Substitute ripe pears for apples.
- Serve warm topped with vanilla yogurt.