

Applesauce Bars

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Yield: 18 servings

2 c All-purpose flour;	1/4 ts Cloves;
1/3 c Sugar;	1 1/2 c Unsweetened applesauce; hot
Dry sugar sub equal to 3/4 c Sugar	2 ts Baking soda;
1 ts Cinnamon;	1/2 c Walnuts; chopped
1/2 ts Nutmeg;	1/4 c Rasins;

Place flour, sugar, dry sugar substitute, cinnamon, nutmeg and cloves in mixer bowl and mix a low speed to blend well. Combine HOT applesauce and baking soda (dont try to be modern and use cold applesauce and mix with baking soda with the flour; it doesnt work as well that way), and add, along with oil, walnuts and raisins, to flour mixture. Mix at medium speed until flour is moistened and batter in creamy. Spread batter evenly in a 9 by 13 cake pan that has been sprayed with pan spray or greased well with margarine. Bake at 375 degrees for 20 to 25 minutes, or till bars pull away from the sides of the pan and a cake tester comes out clean from the center. Cool on a wire rack. Cut three by six.

Food Exchange per serving: 1 STARCH/BREAD EXCHANGE + 1 FAT EXCHANGE

CHO: 17g; PRO: 2G; FAT: 5g; CAL: 122; Low-sodium diets: Recipe is suitable written.

Source: The Art of Cooking for the Diabetic by Mary Abbott Hess,R.D.,M.S. And Katharine Middleton

Brought to you and yours via Nancy OBrion and her Meal-Master

Published on Aug. 31 2007

The original page is located at <http://free.naplesplus.us/articles/view.php/32750/applesauce-bars-br>