

## APPLE BARS

(Barritas de Manzana)

*This recipe contains whole grains. Making half your grains whole may help protect you against many chronic diseases.*

### Ingredients

- 1/2 cup **all purpose flour**
- 1/2 cup **whole wheat flour**
- 1/2 teaspoon **salt**
- 1/2 teaspoon **baking soda**
- 1/2 cup **brown sugar**, packed
- 1 cup **rolled oats**
- 1/2 teaspoon **cinnamon and nutmeg**
- pinch of **cloves** (optional)
- 1/2 cup **butter**
- 2 1/2 cups peeled, sliced **apples**
- 1/4 cup **sugar**

### Directions

1. Preheat oven to 350 degrees. Lightly grease a 7" x 11" baking pan.
2. Mix flour, salt, and soda together in a large bowl. Add brown sugar, oats, and spices.
3. Cut in butter with a pastry blender or 2 knives until mixture is crumbly.
4. Spread half of the mixture in the baking pan.
5. Top with apple slices and sprinkle with sugar.
6. Spread remaining crumb mixture evenly over apples.
7. Bake at 350 degrees for 40 to 45 minutes.
8. Cool and cut into bars.
9. Serve warm or cold.

### Tips

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

### Bright Ideas:

Nutrition Facts			
Serving Size 1 bar (61g)			
Servings Per Container 12			
Amount Per Serving			
<b>Calories</b> 160	Calories from Fat 50		
% Daily Value*			
<b>Total Fat</b> 5g	<b>8%</b>		
Saturated Fat 3g	<b>15%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 10mg	<b>3%</b>		
<b>Sodium</b> 150mg	<b>6%</b>		
<b>Total Carbohydrate</b> 27g	<b>9%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 15g			
Protein 3g			
Vitamin A 4%	• Vitamin C 2%		
Calcium 2%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, visit the OSU web site at <http://www.healthyrecipes.oregonstate.edu>.

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