

Apple Butter Bars

Serves 16

1 ¼ cup plain flour
1 cup packed brown sugar
½ cup margarine cut in pieces
1 ¼ cup quick-cooking oats
¾ cup apple butter *

* You can substitute any fruit jam for apple butter to make fruit bars.

1. Preheat oven to 350 degrees.
2. In large bowl, mix flour and brown sugar.
3. Cut in margarine using a knife in each hand or pastry blender until the mixture resembles coarse crumbs.
4. Stir in oats until well blended.
5. Press ½ of oat mixture firmly into pan.
6. Spread apple butter over mixture stopping ½ inch short to the edges.
7. Sprinkle remaining in oat mixture over apple butter and press in carefully.
8. Bake at 350 degrees for about 40 minutes or until lightly brown.
9. Cool in pan.
10. Cut into 2-inch squares.

Per Serving 190 calories, 6g total fat, 1g saturated fat, 1g dietary fiber, 2g protein, 31g carbohydrate, 18g sugar, 85mg sodium.