Apple Spice Bar Cookies

Ingredients:

1¾ cup sifted cake flour
½ teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon ground allspice
⅛ teaspoon ground cloves
½ teaspoon salt
¼ cup margarine
¾ cup sugar
1 large egg
½ cup unsweetened applesauce
½ cup seedless raisins

Method:

1. Preheat oven to 375°F. Prepare bottom of an 11- x 7-inch pan with nonstick cooking spray
2. In a medium bowl, sift together flour, baking soda, spices and salt.
3. In a separate bowl, cream margarine until soft and fluffy; beat in sugar gradually. Add egg; beat until light and fluffy.
4. Add sifted dry ingredients and applesauce, alternately, stirring just enough to blend well.
5. Add raisins; stir until all ingredients are thoroughly mixed.
6. Turn into prepared pan.
7. Bake about 30 minutes. Let cool on baking rack, then cut into 24 1¾-inch squares.

Makes 24 servings
1 serving = one 1¾-inch square

Nutrition Information:

Calories 80
Carbohydrate 15 grams
Protein 1 gram
Total fat 2 grams
Saturated fat 0.5 grams
Cholesterol 10 milligrams
Fiber 0 grams
Sodium 95 milligrams

Serving size for 15 grams carbohydrate

Food exchange per serving: 1 Starch

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