



# 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- × 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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