United States Department of Agriculture, University of Arkansas, and County Governments Cooperating



Apple Spice Bar Cookies

Ingredients:

- 13/4 cup sifted cake flour
- teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- teaspoon ground cloves 1/8
- 1/2 teaspoon salt
- 1/4 cup margarine
- cup sugar
- 1 large egg
- cup unsweetened applesauce 1/2
- 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 1%-inch squares.

Makes 24 servings

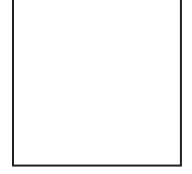
1 serving = one 1\(^4\)-inch square

Nutrition Information:

Calories

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

Sodium 95 milligrams



Serving size for 15 grams carbohydrate

Food exchange per serving: 1 Starch

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