

Apple Oatmeal Bars

Ingredients:

- 1/2 c. packed brown sugar
- 1/3 c. butter or margarine, softened
- 2 large eggs
- 1/2 c. whole-wheat flour
- 1/4 c. all-purpose flour
- 1 tsp. cinnamon
- 3/4 tsp. baking powder
- 3/4 tsp. baking soda
- 1/4 tsp. salt
- 2 large apples, peeled, cored and diced
- 1 c. quick-cooking rolled oats
- 1/2 c. coarsely chopped nuts

<http://www.ext.nodak.edu/extnews/newsrelease/2005/092205/03prairi.htm>

Directions:

- Preheat the oven to 375 degrees. Spray or grease a 9-inch square baking pan. In large bowl, beat the brown sugar and butter until creamy. Add eggs and then beat until light and fluffy. Combine both flours, the cinnamon, baking powder, baking soda and salt. Stir into butter mixture until blended. Stir in apples, oats and nuts. Spread mixture in pan and bake 25 to 30 minutes or until wooden toothpick inserted in center comes out clean. Cool completely.

Makes 20 bars. Each bar has 125 calories, 6 grams of fat, 14 grams of carbohydrate and 1 gram of fiber.