



Makes 12 servings

Ingredients

- nonstick cooking spray
- 8 tablespoons unsweetened applesauce, divided
- 8 tablespoons cold-pressed canola oil, divided
- 1 ¼ cups packed brown sugar, divided
- ½ cup sugar
- 2 large eggs
- 1 tablespoon vanilla extract
- 1 ¾ cups all-purpose flour
- 4 teaspoons ground cinnamon, divided
- ⅛ teaspoon ground nutmeg, divided
- 1 teaspoon baking powder
- ¼ teaspoon salt

Directions

1. Preheat oven to 350 F. Line a 9-by-9-inch pan with parchment paper and spray with nonstick cooking spray. Set aside.
2. In a large bowl, use a hand mixer to beat together 6 tablespoons applesauce, 6 tablespoons oil, 1 cup brown sugar and sugar. Mix until light and fluffy. Add eggs, one at a time, while mixing. Add vanilla and beat until well-combined.
3. In another large bowl, whisk together flour, 1 teaspoon cinnamon, ⅛ teaspoon nutmeg, baking powder and salt. Add to mixture made in step 2. Use the hand mixer to beat until just combined. Press the mixture into the prepared pan.

(directions continued on back)



DESSERT



Directions (continued)

4. In a medium bowl, use the hand mixer to beat together 2 tablespoons applesauce, 2 tablespoons oil, ¼ cup brown sugar, 3 teaspoons cinnamon and ⅛ teaspoon nutmeg. Mix until smooth.
5. Use a small spoon to drop spoonfuls of the mixture made in step 4 over the batter in the pan. The use the back of the spoon to gently swirl the mixture over the batter.
6. Bake for 25 to 30 minutes or until slightly soft in the middle. Allow to cool, cut into bars and enjoy!

= low sodium

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Nutrition Facts

Serving Size 1 piece (80g)
Servings Per Container 12

Amount Per Serving

Calories 290 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 110mg **5%**

Total Carbohydrate 47g **16%**

Dietary Fiber 1g **4%**

Sugars 32g

Protein 3g

Vitamin A 2% • Vitamin C 4%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: flour, milk, egg

Carb choices per serving: 3