

## Applesauce-Raisin Bars (Diabetic Friendly)

**Yield:** 2 dozen bars

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<b>Each Serving Amount: 2 bars</b>			
<b>Exchanges:</b>	1 Starch	<b>Calories:</b> 81	<b>Fat:</b> 2 gm
		<b>Carbo:</b> 14 gm	<b>Fiber:</b> Tr.
<b>Chol:</b>	11 mg	<b>Protein:</b> 2 gm	<b>Sodium:</b> 57 mg

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### **Ingredients:**

¼ cup Reduced-calorie margarine  
Brown sugar substitute to equal 2/3 cup brown sugar  
1 Egg  
1 cup All-purpose flour  
1 teaspoon Baking powder  
1 teaspoon Apple pie spice  
½ cup Raisins, soaked in ¼ cup water  
¼ cup Unsweetened applesauce  
Vegetable cooking spray

### **Steps in Preparation:**

1. Cream margarine in a medium bowl. Add brown sugar substitute and egg, and beat well.
2. Sift together flour, baking powder and spice; add to creamed mixture, beating well. Stir in raisins and applesauce.
3. Spread mixture in an 8-inch square baking pan coated with cooking spray, and bake at 350 degrees for 25 minutes. Let cool. Cut into 24 bars.