



Apple Squares

Makes 16 servings

Ingredients

2 medium apples
¾ cup whole-wheat flour
¾ cup all-purpose flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon salt

½ cup packed brown sugar
½ cup canola oil
½ cup low-fat yogurt
1 large egg
1 teaspoon vanilla extract

Instructions

1. Preheat the oven to 350 degrees F. Coat an 8-by-8-inch pan with nonstick cooking spray.
2. Peel, core and chop the apples.
3. In a large bowl, whisk together flours, baking soda, cinnamon and salt.
4. In another large bowl, whisk together sugar, oil, yogurt, egg and vanilla extract.
5. Add the egg mixture to the flour mixture and stir until just combined. Fold in the chopped apples. Scrape the batter into the prepared pan and spread it out evenly.
6. Bake for 35 to 40 minutes, or until a wooden toothpick inserted into the center comes out clean. Remove from the oven and cool in the pan on a wire rack. Cut into 16 even squares and serve warm or at room temperature.

Nutrition Facts

Serving size: 1 square; calories per serving: 140; fat: 5g; saturated fat: 5g; fiber: 1g; carbohydrates: 23g; protein: 2g; sodium: 85mg; sugars: 13g; cholesterol: 10mg

Source: www.kidshealth.org



BlueChoice HealthPlan of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association.