

Apple-Walnut Bars

For a good supply of lunchbox treats, make a double batch of these apple-walnut bars and freeze individual bars wrapped in foil.



Ingredients

- 32 graham cracker squares
- 1 teaspoon ground cinnamon
- 2/3 cup dried apples
- 1/2 cup sugar
- 2 large egg whites
- 1 large egg
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt
- 1/2 cup chopped walnuts, chopped and toasted
- 2 tablespoons confectioners' sugar

Instructions

1. Preheat oven to 300°F. Coat an 8-by-12-inch baking dish with cooking spray.
2. Process graham crackers and cinnamon in a food processor until you have fine crumbs. Leaving about 1/2 cup in the workbowl, transfer the crumbs to another container. Add apples to the workbowl and process until coarsely chopped.
3. Combine sugar, egg whites, egg, vanilla and salt in a large bowl. Beat with an electric mixer on high speed until thick, about 3 minutes. Fold in the reserved crumbs, apples and the toasted walnuts just until combined. Transfer batter to the prepared baking dish; smooth the top with a wet rubber spatula. Bake until the top feels dry and a skewer inserted in the center comes out clean, 30 to 35 minutes.
4. Let cool completely on a wire rack. Dust lightly with confectioners' sugar and cut into 15 bars.

Nutrition Per Serving

137 Calories, Total Fat: 4 g, Saturated Fat: 0 g, Cholesterol: 12 mg, Carbohydrates: 22 g, Fiber: 1 g, Total Sugars: 13 g, Protein: 2 g, Sodium: 122 mg, Potassium: 73 mg, Iron: 0 mg, Folate: 26 mcg, Calcium: 19 mg, Vitamin A: 19 IU, Vitamin C: 0 mg

Carbohydrate Servings: 1 1/2

Yield:
15 bars

Active Time:
15 minutes

Total Time:
1 hour

Make Ahead Tips:



Store in an airtight container for up to 1 week. Freeze for longer storage.