

Jenny's Apple Pie Bars

If you love apple pie as much as I do (who doesn't?), here is your apple pie fix that is easier, faster, and get this... it's healthier! The crust is made without shortening or butter, using heart-healthy canola oil. This is one of my best recipes. Pick up a square by hand or eat it with a fork with a little side of low fat frozen yogurt. These are so good, you may have to use my rule: One Per Person.

Crust:

1 2/3 cups all-purpose flour
1 Tablespoon sugar
1/4 teaspoon salt
1/3 cup canola oil
1/3 cup 1% milk

Filling:

1/2 cup sugar
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon salt
2 Tablespoons Minute Tapioca or flour
6 cups Granny Smith apples, chopped (about 3 lbs.)
1 Tablespoon butter (optional)

1. Preheat oven to 375°.
2. Crust: Combine flour, sugar, & salt in a bowl.
3. Add oil & milk all at once, stirring with a fork, then form into two solid halves by hand.
4. Press one half on bottom of ungreased 8" x 8" pan.
5. Roll the other half between 2 sheets of floured wax paper about 8 inches wide and set aside.
6. Filling: Combine sugar thru tapioca in a large bowl.
7. Add peeled, coarsely chopped apples.
8. Place into pan, pressing down lightly. Dot with butter if desired.
9. Top with 2nd crust. Patch if needed – a few openings are okay.
10. Poke a few holes in top crust with a knife, brush with milk and sprinkle with 1-2 teaspoons sugar.
11. Bake about 50 minutes until top is golden. Cool. Cut into bars. Try to eat just one!