

SIMPLE SAUCY BARS

Ingredients

Serves 16 people

2 cups self-rising flour

¼ cup brown sugar

1 Tablespoon cinnamon

½ cup canola oil

1 cup unsweetened applesauce

½ cup raisins



Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Add all ingredients in a large bowl and stir until well combined.
3. Grease a 9×9 inch pan to make sure the batter does not stick then spread batter evenly in prepared pan.
4. Bake for 20-30 minutes, or until the fork inserted in center comes out clean.
5. Cut into 16 same size squares. Serve warm and enjoy!

Nutritional Value

149 Calories

2g Protein

7g Fat

189 mg Sodium

21g Carbohydrates

Marion County Public Health Department
NUTRITION SERVICES

