

A Healthy Sweet

Satisfy your sweet tooth with a healthier dessert bar. Featuring figs, whole-wheat flour and toasted almonds, this recipe brings health and hearty flavor to the table in about 30 minutes. Almonds are rich in omega-3 fatty acids and a growing body of research shows that they may protect against heart disease, cancer and help with weight control. Naturally sweet figs and unsweetened applesauce are a great alternative to processed sugar and helps keep the calories in check without sacrificing taste. Make these warm bars this season for a cozy respite from the cooler weather.

Almond Fig Bars

Canola oil spray
3/4 cup whole-wheat flour
1/2 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
1 large egg
1/4 cup honey
1/4 cup unsweetened applesauce
2 Tbsp canola oil
1 tsp. almond extract
1 tsp. orange zest
2/3 cup chopped dried figs
1/3 cup chopped toasted almonds

Preheat the oven to 350 degrees. Lightly coat an 8-inch square baking pan with canola oil spray.

In a large bowl, mix together the flour, baking powder, baking soda and salt. Set aside.

In a medium bowl, stir together the egg, honey, applesauce, canola oil, almond extract and orange zest. Gently stir the wet ingredients into the dry ingredients until mixed. Stir in the figs and toasted almonds. Spread the mixture into the prepared pan.

Bake about 25 minutes, until a tester inserted in the center comes out clean. Cool the bars in the pan on a wire rack. Cut into sixteen 2-inch squares. Store in a tightly covered container for two to three days.

Makes 16 servings.

Per serving: 90 calories, 3 g total fat (0 g saturated fat), 15 g carbohydrate, 2 g protein, 2 g dietary fiber, 80 mg sodium.

Grocery List:

Unsweetened applesauce
Canola oil
Almond extract
Fresh orange
Dried figs
Toasted almonds
Canola oil spray
Whole-wheat flour
Baking powder
Baking soda
Salt
Egg
Honey