

Apple Bars

Ingredients

¾ cup unsalted butter	2 cups all-purpose white flour
1 cup granulated sugar or Splenda	2 medium apples
1 cup sour cream	½ cup brown sugar
1 teaspoon vanilla extract	1 teaspoon cinnamon
1 teaspoon baking soda	2 tablespoons milk
½ teaspoon salt	1 cup powdered sugar

Directions

- 1) Preheat oven to 350°F
- 2) Peel and chop apples.
- 3) Cream together ½ cup butter and white sugar or Splenda.
- 4) Add sour cream, vanilla, baking soda, salt and flour. Stir to mix; add apples.
- 5) Pour batter into a greased 9"X13" baking pan.
- 6) In a small bowl, crumble 2 tablespoons softened butter, brown sugar and cinnamon together. Sprinkle over top of batter.
- 7) Bake for 35-40 minutes. Let cool completely.
- 8) To make icing, combine 2 tablespoons melted butter, milk (or milk substitute) and powdered sugar. Drizzle over top and cut dessert into 18 bars (3"x 2").

Nutrients per Serving: Calories: 246, Protein: 2 g, Carbohydrates: 35g, Fat: 11g, Cholesterol: 26 mg, Sodium: 140 mg, Potassium: 72 mg, Phosphorus: 27 mg, Calcium: 22 mg, Fiber: 0.6 g

Helpful Hints: To decrease the sugar content, you can use less sugar, substitute Splenda for the sugar or omit the icing.

Renal and diabetic food choices: ½ low potassium fruit, 1 starch, 2 fat, 1 high calorie

Adapted from Davita.com