

Caramel Apple Bars



Servings:

Makes 16 Bars

Nutrition Information:

Protein: 3g; Fat: 9g; Carbohydrate: 32g; Fiber: .8g; Sodium: 113mg; Cholesterol: 41mg; Calories: 215.

For times when a little indulgence is deserved, this sweet and buttery, gooey and crunchy treat is just right.

Ingredients:

1 1/4 cups all-purpose flour
1/4 cup plus 1/2 cup firmly packed brown sugar
1/2 cup (1 stick) butter or margarine
2 large eggs, beaten
1 teaspoon vanilla extract
2 Golden Delicious apples, cored and chopped
1 cup caramel candies, each cut in quarters
1/2 cup chopped walnuts or pecans (optional)

Method:

- 1) Heat oven to 350 degrees F. Lightly grease a 9-inch square baking pan. In medium-size bowl, combine 1 cup flour and 1/4 cup brown sugar. Cut in butter until mixture resembles coarse crumbs. Transfer mixture to pan and press in an even layer in bottom of pan. Bake 10 minutes.
- 2) In same mixing bowl, combine eggs, vanilla, 1/2 cup brown sugar, and remaining 1/4 cup flour; stir in apples, caramels, and nuts. Pour over bottom crust. Bake 30 to 35 minutes or until golden. Cool slightly; cut into quarters lengthwise and crosswise to make 16 bars. Cool completely.