

Raspberry & apple bars

Traffic light category: **Amber**

Serves: 14-16

Ingredients

- » 75g polyunsaturated margarine
- » 175g caster sugar
- » 3 eggs
- » 1 teaspoon vanilla extract
- » 175g self raising flour, sifted
- » 4 medium apples, grated
- » 200g fresh or frozen raspberries

Method

1. Preheat oven to 190°c, grease a 38 x 25 x 2.5cm baking tin
2. Mix margarine and sugar in a large bowl until it resembles fine breadcrumbs, beat in eggs and vanilla until combined
3. Beat in flour then add grated apple
4. Pour mixture into prepared pan. Push the raspberries into the mixture evenly spaced around the tin
5. Bake for 25minutes or until golden brown
6. Cool in tin then cut into even squares to ensure there is a raspberry per square.

Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	90g	100g
Energy	631kJ	701kJ
Protein	2.7g	3g
Total fat	4.3g	5g
Saturated fat	1.1g	1.2g
Carbohydrate	32.5g	27g
Sugars	16g	18g
Dietary fibre	2.1g	2.3g
Sodium	109mg	121mg