

Apple Squares

Ingredients:

2 cups whole wheat pastry flour or all purpose flour

2 cups firmly packed brown sugar (or 1 ½ cups if you want them less sweet)

½ cup butter, softened

1 cup chopped nuts (optional....we typically leave them out)

2 teaspoons cinnamon

1 teaspoon baking soda

½ teaspoon salt

1 cup plain yoghurt

1 teaspoon vanilla

1 egg

2 cups finely chopped, peeled apples

Instructions:

1. Heat oven to 350°F. In a large bowl, combine flour, brown sugar and butter; beat at low speed until crumbly. Optionally stir in nuts. Press 2 ¾ cups of the mixture into bottom of an ungreased 13x9-inch pan.
2. To the remaining mixture, add cinnamon, baking soda, salt, yoghurt, vanilla and egg; mix well. Stir in apples. Spoon evenly over the mixture in the pan.
3. Bake at 350°F. for 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool 30 minutes. Cut into squares. Serve warm or cool. |

The story behind this recipe. My husband adapted this recipe from a Pillsbury Bake Off contest winner from 1975. While many of the recipes are a little dated, this one is truly a winner.