



Strawberry Squares

NIBBLEDISH CONTRIBUTOR

Ingredients

1. 2 cups all-purpose flour (I used whole wheat)
2. 2 tbsp sugar
3. 1 tbsp baking powder
4. 1/4 tsp salt
5. 1/2 cap unsweetened applesauce
6. 1/2 cup milk (skim or soy if you like)
7. 4 egg whites, lightly beaten
8. 3/4 cup raisins (optional)
9. 1/2 cup strawberry jam

Instructions

Preheat oven to 425°F.

In a large mixing bowl combine the flour, the baking powder, salt and sugar. In another mixing bowl pour the applesauce, stir in milk and the egg whites. Mix until the ingredients are combined. Stir in the flour mixture. Add raisins.

Pour half batter in a lightly greased square pan. Spread with strawberry jam, cover with the other half batter. Bake 30-35 minutes. Cool completely and cut into squares. Dust with confectioners' sugar if you like.