



Great Harvest Fruit Bars (Lower Fat)

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½ cup butter, softened

1/2 cup Apple Sauce, plain unsweetened. (I use ½ [dehydrated applesauce](#) rehydrated in ½ cup hot water)

1/2 cup Brown Sugar

1 egg

1 tsp. vanilla

½ cup coconut

1/4 tsp. salt

1/2 tsp. baking soda

1 cup whole wheat flour

1 cups rolled oat

1 cup or more frozen fruit (cherries, raspberries, rhubarb, black berries, peaches, etc.)

*Note if you want you can use fresh fruit or Freeze Dried Fruit. But know that the frozen fruit releases a lot of moisture as it cooks and makes the bars very moist. Whatever fruit you use be sure to use moist plump fruit. If using freeze dried fruit rehydrate completely and add to the bars while still quite damp.

1. Combine butter, sugar, apple sauce, vanilla and eggs. Mix to combine.
2. Add remaining ingredients, mix until combined. The dough will be thick like cookie dough.
3. Add ¾ of dough to an 8 x 8 pan. Pressing dough into the pan. Sprinkle frozen fruit on the top and the sprinkle the remaining dough on top of that.