



Autumn Bars

3/4 cup all-purpose flour
1/4 cup whole wheat flour
1/2 cup Splenda
1 1/2 teaspoons pumpkin pie spice
1 teaspoon baking powder

1/8 teaspoon salt
1 cup finely shredded carrot
3/4 cup chopped walnuts, toasted
1/3 cup egg substitute, lightly beaten
1/4 cup cooking oil
1/4 cup skim milk
1/2 cup frozen light whipped topping, thawed
4 oz low-fat cream cheese, softened
1/4 cup vanilla low-fat yogurt

Preheat oven to 350 degrees. Line a 9x9x2-inch baking pan with foil, extending foil over the edges of the pan. Lightly coat foil with nonstick cooking spray. Set aside.

Combine dry ingredients (all-purpose flour, whole wheat flour, Splenda, pumpkin pie spice, baking powder, and salt). Add carrot, 1/2 cup of nuts, egg substitute, oil, and milk. Stir just until mixed. Spread mixture evenly in the prepared pan.

Bake for 15 to 18 minutes or until a toothpick inserted near center comes out clean. Cool bars in pan on a wire rack.

Beat cream cheese and yogurt with an electric mixer on medium speed until smooth; fold in whipped topping.

Using the edges of the foil, lift the uncut bars out of the pan. Spread top evenly with Fluffy Cream Cheese Frosting. Sprinkle with the remaining 1/4 cup nuts. Cut into 20 bars. Makes 20 servings.

Nutrition information per serving: 121 calories, 3 grams protein, 7 grams fat, 12 grams carbohydrate, 64 mg sodium.

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