

# Apple Nut Bars

**Serves/Makes:** 12 | **Difficulty Level:** 2 | **Ready In:** 30-60 minutes

## Ingredients:

2 egg whites  
2/3 cup sugar  
1/2 teaspoon vanilla extract  
1/2 cup all-purpose flour  
1 teaspoon baking powder  
2 cups chopped unpeeled tart Michigan apples  
1/4 cup chopped pecans

## Directions:

In a bowl, whisk egg whites, sugar and vanilla for about 1-1/2 minutes.

Add flour and baking powder; whisk for 1 minute. Fold in the apples and pecans. Pour into an 8-inch square baking pan coated with nonstick cooking spray. Bake at 350 for 25 - 30 minutes or until bars test done. Cool.