

Ginger Orange Bars

PREP TIME: 25 MINUTES
(READY IN 1 HOUR 15 MINUTES)

Bars

- ½ cup sugar
- ½ cup margarine or butter, softened
- ½ cup molasses
- 1 egg
- 1½ cups all-purpose flour
- ½ cup whole wheat flour
- 1 teaspoon baking soda
- ¼ teaspoon ginger
- ⅔ cup buttermilk*
- 2 teaspoons grated orange peel

Frosting

- 2 cups powdered sugar
- 1 tablespoon margarine or butter, softened
- ½ teaspoon grated orange peel
- 2 to 4 tablespoons orange juice

1. Heat oven to 350°F. Spray 15 × 10 × 1-inch baking pan with nonstick cooking spray.
2. In large bowl, combine sugar and ½ cup margarine; beat until light and fluffy. Add molasses and egg; beat well.
3. In small bowl, combine all-purpose flour, whole wheat flour, baking soda and ginger; blend well. Add to sugar mixture alternately with buttermilk; mix well. Stir in 2 teaspoons orange peel. Spread evenly in sprayed pan.
4. Bake at 350°F. for 15 to 20 minutes or until toothpick inserted in center comes out clean. Cool 30 minutes or until completely cooled.
5. In small bowl, combine all frosting ingredients, adding enough orange juice for desired spreading consistency; beat until smooth. Spread over cooled bars. Cut into bars.

YIELD: 48 BARS

Tip: * To substitute for buttermilk, use 2 teaspoons vinegar or lemon juice plus skim milk to make ⅔ cup.

HIGH ALTITUDE (ABOVE 3500 FEET): No change.

Nutrition Information Per Serving

Serving Size: 1 Bar

Calories.....	.80	Calories from Fat	
		% Daily Value	
Total Fat2g3%
Saturated0g0%
Cholesterol.....	.5mg2%
Sodium60mg3%
Total Carbohydrate.....	.14g5%
Dietary Fiber0g0%
Sugars9g	
Protein.....	.1g	
Vitamin A0%	Vitamin C.....	.0%
Calcium0%	Iron.....	.2%

Dietary Exchanges: 1 Starch OR 1 Carbohydrate

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