

## CHEDDAR SQUARES



- 1/3 Cup all-natural applesauce
- 1/3 Cup low-fat cheddar cheese, shredded
- 1/3 Cup water
- 2 Cups unbleached white flour

In a medium bowl, mix all wet ingredients. In a large bowl, mix all dry ingredients. Slowly add the wet ingredients to the dry mixture. Mix well. Pour batter into a greased 13x9x2-inch pan. Bake at 375 degrees for 25-30 minutes. Treat is done when a toothpick inserted in the center and removed comes out clean. Cool and cut into bars. Makes about 54 one and a half inch squares.