Fruit Squares

Preparation time: 20 minutes
Cooking time: 20-25 minutes

Preheat Oven to: 350 °F

• lightly greased 13x 9 inch baking pan or large loaf pan

2 cups	finely diced, unpeeled apples
½ cup	raisins
½ cup	chopped dates
2	eggs, beaten
3/4 cup	lightly packed brown sugar
½ cup	vegetable oil
1 tsp	vanilla
1cup	all-purpose flour
1 tsp	baking soda
1 tsp	ground cinnamon
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- In a medium bowl, combine apples, raisins and dates.
- In a large bowl, combine eggs, sugar, oil and vanilla.
- In a third bowl, combine flour, baking soda and cinnamon; add to egg mixture. Stir in fruit.
- Spread into lightly greased loaf pan or 13 inch by 9 inch baking pan. Bake in preheated oven for 20-25 minutes or until tester inserted comes out clean.
- Cut loaf into 12 slices or cake into 20 squares.

Cook Great Food, Dietitians of Canada