

Skinny Cranberry Bliss Bars

Submitted by Linda Moses

These makeover Cranberry Bliss Bars are SO good, with less than half the calories and fat of the ones you buy at Starbucks and so much cheaper to make yourself!

Ingredients

2 cups all purpose flour	1/4 cup melted unsalted butter
1/2 tsp baking soda	2 large egg whites
1/8 tsp ground cinnamon	1/4 cup unsweetened apple sauce
2/3 cup granulated sugar	2 tsp vanilla
2/3 cup brown sugar (unpacked)	2/3 cup white chocolate chips or
1/3 cup dried cranberries (chopped)	chopped white chocolate

For the Frosting

8 oz 1/3 less fat cream cheese (softened)	1/3 cup dried cranberries (chopped)
1/2 cup powdered sugar	1/2 tsp vanilla
2 oz white baking chocolate (melted*)	

Instructions

1. Preheat oven to 350° F. Lightly spray 9x13 inch non-stick baking pan with cooking spray.
2. In a large bowl, combine the flour, baking soda, salt and cinnamon and stir to blend.
3. In another bowl, whisk the sugars with the butter, egg whites, applesauce and vanilla until light and fluffy.
4. Whisk the dry ingredients into the wet ingredients in two additions until the batter is very well blended. If the batter looks more “crumbly” than smooth, add just a drop of water at a time (ONLY if needed) until it smooths out.
5. Fold in white chocolate chips and 1/3 cup cranberries. Spread batter onto the baking pan using the of a measuring cup to smooth evenly.
6. Bake 10 – 14 minutes, until the edges are light brown and a toothpick inserted comes out clean. Don’t over bake or your bars will be dry. Let it cool completely on wire rack.
7. Meanwhile, prepare the frosting; in a large bowl use an electric mixer to beat the cream cheese, powdered sugar and vanilla until well-blended. Frost bars and sprinkle with remaining cranberries. Drizzle with the white melted chocolate.
8. *To melt the chocolate, place in microwave safe cup and heat 15 seconds; stir. Another 15 seconds; stir until the chocolate is melted.
9. When the chocolate sets, cut into 15 large squares (5 cuts by 3 cuts with the knife). Then cut each square in half diagonally to create triangles. Store in refrigerator until ready to serve.