

Danish Apple Bars

Helen Furman

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*2 1/2 cups flour
1 teaspoon salt
1 cup shortening
1 egg yolk
2/3 cup milk
1 cup cornflakes or Rice
Krispies
8 to 10 tart apples, pared
and sliced thin
3/4 to one cup sugar
1 teaspoon cinnamon
1 egg white*

In a bowl, combine the flour and salt. Cut in the shortening.

In a measuring cup, beat the egg yolk and add enough milk to make 2/3 cup. Mix well. Stir into the flour mixture.

On a floured surface, roll one-half of the dough to a 17x12-inch rectangle (cookie sheet). Fit into and up the side of the pan about 1-1/2 inches.

Sprinkle with the cornflakes. Top with the sliced apples.

In a bowl, combine the sugar and cinnamon, Sprinkle over the apples.

Roll the remaining dough to a 17x12 rectangle. Place the dough over the apples. Cut slits in the top.

In a bowl, beat the egg white until frothy. Brush over the crust.

Bake in the oven at 375 degrees for 50 minutes.

Per Serving (excluding unknown items): 4208 Calories; 220g Fat (46.3% calories from fat); 47g Protein; 525g Carbohydrate; 31g Dietary Fiber; 235mg Cholesterol; 2303mg Sodium. Exchanges: 15 1/2 Grain(Starch); 1/2 Lean Meat; 7 1/2 Fruit; 1/2 Non-Fat Milk; 42 1/2 Fat; 10 Other Carbohydrates.