

Lemon Raspberry Bars

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

Yield: 16 bars

*3/4 cup Splenda sweetener
3/4 cup flour
1/4 cup light butter
pinch salt
2 tablespoons flour
1 1/4 cups Splenda sweetener
1/2 cup egg substitute
1/2 cup half-and-half, fat free
1/2 cup fresh lemon juice
1 tablespoon grated fresh lemon peel
1/4 cup reduced sugar raspberry preserves*

Preheat the oven to 350 degrees.

In a bowl, mix together 3/4 cup of flour, 3/4 cup of Splenda and salt. Cut in the butter until the mixture is crumbly. Do not overmix. Press the dough into an 8x8-inch pan greased with butter-flavored nonstick spray.

Bake for 15 to 20 minutes or until browned.

In a mixing bowl, place the flour and Splenda. Stir well. Add the egg substitute and half-and-half. Stir until blended. Slowly add the lemon juice while stirring constantly. Add the lemon peel. Set aside.

Stir the raspberry preserves until they loosen up. Spread over the warm crust. Gently pour the lemon mixture over the preserves.

Bake 20 to 25 minutes or until set.

Remove from the oven and allow to cool before placing in the refrigerator. Chill in the refrigerator for two hours before serving.

Per Serving (excluding unknown items): 900 Calories; 38g Fat (38.3% calories from fat); 29g Protein; 110g Carbohydrate; 4g Dietary Fiber; 82mg Cholesterol; 642mg Sodium. Exchanges: 5 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Fruit; 1 Non-Fat Milk; 6 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	900	Vitamin B6 (mg):	.3mg
% Calories from Fat:	38.3%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	48.7%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	13.0%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	38g	Folacin (mcg):	64mcg
Saturated Fat (g):	18g	Niacin (mg):	7mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	82mg	% Refused:	n n%
Carbohydrate (g):	110g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	5 1/2
Protein (g):	29g	Lean Meat:	2 1/2
Sodium (mg):	642mg	Vegetable:	0
Potassium (mg):	524mg	Fruit:	1/2
Calcium (mg):	115mg	Non-Fat Milk:	1
Iron (mg):	7mg	Fat:	6
Zinc (mg):	2mg	Other Carbohydrates:	0
Vitamin C (mg):	57mg		
Vitamin A (i.u.):	1647IU		
Vitamin A (r.e.):	166 1/2RE		

Nutrition Facts

Amount Per Serving	
Calories 900	Calories from Fat: 345
% Daily Values*	
Total Fat 38g	59%
Saturated Fat 18g	92%
Cholesterol 82mg	27%
Sodium 642mg	27%
Total Carbohydrates 110g	37%
Dietary Fiber 4g	15%
Protein 29g	
Vitamin A	33%
Vitamin C	94%
Calcium	11%
Iron	42%

* Percent Daily Values are based on a 2000 calorie diet.