HOLIDAY CRANBERRY-ORANGE PISTACHIO BARS

These bars combine the natural sweetness of fruit with the crunchy sophistication of pistachios for a colorful and festive treat! An instant holiday favorite!

Makes 16 bars

INGREDIENTS

Crust
- 3 Tbsp unsalted butter
- 2 Tbsp granulated sugar
- 2 Tbsp light brown sugar
- ⅔ cup whole wheat pastry flour
- ⅓ cup whole wheat flour
- Pinch of salt

Topping
- ½ cup granulated sugar
- 2 Tbsp whole wheat flour
- ½ tsp baking soda
- 1 large egg
- 1 large egg white
- 1 tsp freshly grated orange zest
- ¼ cup orange juice
- 2 cups cranberries, fresh or frozen, thawed coarsely chopped
- ½ cup pistachios, preferably unsalted, chopped and toasted
- Pinch of salt

DIRECTIONS

1. Position rack in center of oven; preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray.

2. To Prepare Crust: Beat butter, 2 tablespoons granulated sugar and brown sugar in a medium bowl with an electric mixer until creamy. Stir in whole-wheat pastry flour, whole wheat flour and salt until well combined (the mixture should be crumbly). Evenly press the mixture into the bottom of the prepared pan. Bake until just barely golden around the edges, 10 to 12 minutes.

3. To Prepare Topping: Combine granulated sugar, whole wheat flour, baking powder and salt in a medium bowl. Add egg, egg white, orange zest and juice; stir until blended and smooth.

4. Sprinkle cranberries over the baked crust. Pour the orange mixture over the cranberries and sprinkle with pistachios.

5. Bake until golden and set, 40 to 45 minutes. Let cool completely on a wire rack; if possible, chill before cutting into squares.

NUTRITION FACTS

Serving Size = 1 bar

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*Recipe modified from Eating Magazine.*