

Apple Cake Bars

- ¼ cup grass fed butter
- 1 whole egg
- ½ cup stevia (0 calorie sweetener) or coconut sugar
- 1 cup fresh apple sauce (refer to my apple sauce recipe if you want to make your own)
- 1 tsp all spice seasoning
- 1 cup flour (King Arthur Brand)
- 1 tsp baking soda
- Walnuts (optional)

Pre-heat oven to 350. Mix first 4 ingredients well. Add remaining ingredients. Add walnuts if desired. Bake for 25-30 min. Check center with tooth pick. Its is done if tooth pick comes out clean. Set Aside and let cool.

Buttercream Frosting (optional)

- 4 tbsp grass valley butter
- 1 ¼ cup powdered sugar
- 1 tsp vanilla extract
- 2-3 tbsp milk

Blend until smooth. Frost top of cooled cake!

