



## Mystery B Bars

Makes 12 servings | Serving size: 1 bar

Ingredients Needed:

- 2 cups cooked beans or 1 can (15.5 oz.) beans (kidney, pinto or navy)
- ⅓ cup nonfat dry milk
- ½ cup molasses
- ½ cup applesauce
- 1 egg, well beaten (or equivalent egg substitute)
- ⅓ cup canola oil
- 1 cup flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 cup raisins

Directions:

1. Preheat oven to 350°F
2. Drain and rinse beans. Mash beans into a paste.

3. Add other ingredients and stir.
4. Bake in a lightly greased 9"x13" pan at 350°F for 30-40 minutes.
5. Cool and slice.

Variation:

If you like, sprinkle with powdered sugar before slicing.