



# Deep-Dish Apple Bars

According to the [United States Department of Agriculture \(USDA\)](#), [apples](#) are nutritious and great to eat fresh. They are high in fiber and essentially fat free, making them a perfect on-the-go snack.

Apple picking is a time-honored tradition in the Bay State. Massachusetts apple producers grow more than 140 varieties of apples, and there are more than 80 [Pick-Your-](#)

[Own apple orchards](#) throughout the state. You can support local farms by buying Massachusetts apples from your local [farmers' market](#) or [farm stand](#) or by picking them yourself at a local apple orchard — then enjoy your harvest in a delicious apple salad, baked into a crispy pie, or fresh from the basket!

Recipe by NE Apples. More recipes here: [www.newenglandapples.org](http://www.newenglandapples.org).

1½ cup flour  
1 c whole wheat flour  
1 t salt  
1 cup butter (or substitute half applesauce)  
1 egg yolk  
½ cup milk  
10 apples, cored and thinly sliced  
⅓ cup honey  
¼ cup sugar  
1½ t cinnamon  
½ t nutmeg  
1 egg white

Preheat oven to 350°F.

In a large bowl, combine flour and salt. Cut in butter until mixture resembles coarse, pea-sized crumbs. Beat egg yolk in measuring cup and stir in milk. Pour liquid into flour mixture and blend with wooden spoon, then floured hands until it forms a dough. Divide in half.

On floured surface, roll half the dough into a rectangle and fit into a 9×13 baking dish.

In a large bowl, combine apples, honey, sugar, and spices. Pour apple mixture into baking dish.

Roll out remaining dough and place over apples. Seal edges and cut several slits on top. Beat egg white until frothy and brush on crust.

Bake for one hour, or until apples are soft and crust is golden brown.



[www.Mass.gov/Massgrown](http://www.Mass.gov/Massgrown)