

## Cherry Fruit Bars

2 cups fresh cherries, pitted and sliced  
½ cup orange juice  
2 Tbsp. honey  
1¼ cups all-purpose flour  
½ cup whole wheat flour  
1 tsp. baking powder

2/3 cup firmly packed brown sugar  
2 Tbsp. butter, softened  
2 Tbsp. nonfat plain yogurt  
1 large egg  
1 egg white



Recipe - [cookingvillage.com](http://cookingvillage.com)

1. Preheat oven to 350°. Spray a baking sheet with vegetable cooking spray. In a small saucepan, combine cherries, orange juice, and honey. Cook over medium heat, stirring, until liquid is absorbed, about 10 minutes. In a blender or food processor fitted with the metal blades, process cherry mixture until finely chopped.
2. In a small bowl, combine all-purpose flour, whole wheat flour, and baking powder.
3. In a large mixing bowl, using an electric mixer set on medium speed, beat brown sugar, butter, and yogurt until fluffy. Beat in egg and egg white. At low speed, beat in flour mixture. Shape dough into a log; divide log in half; wrap in plastic wrap. Freeze for 10 minutes.
4. Roll logs into two 13x5-inch rectangles. Spoon cherry mixture evenly down centers, leaving a 2-inch border. Fold dough over filling. Place logs, seam-side down, 3 inches apart, on prepared baking sheet. Bake until golden, about 25 minutes. Place on wire rack. Cool slightly. Cut into 1-inch bars.