



Chewy Apple-Cheese Bars



 Yield: 16 portions

 Preparation: 20 minutes

 Cooking: 30 minutes

500 ml (2 cups) of all-purpose flour
125 ml (1/2 cup) of **Neilson or Dairyland unsalted butter**, cut in cubes
60 ml (1/4 cup) of sugar
5 ml (1 tsp) of baking powder
200 g (2 cups) of **Armstrong cheddar**, shredded
30 ml (2 tbsp) of water
250 ml (1 cup) of apple jelly
45 ml (3 tbsp) of chopped pistachios

Preheat oven to 180°C (350°F).

In a food processor, pulse the flour, butter, sugar, baking powder, cheese and water until the mixture is crumbly.

Press half the dough into a 22 cm (9 in) square pan. Spread the apple jelly over the top.

Stir the pistachios into the remaining dough and spread evenly over the apple jelly, pressing gently.

Bake on the middle rack for 30 minutes.

Let cool before cutting into bars.

HEALTHY FACT!

Pistachios are a good source of unsaturated fat.