Fig Newtons

8 ounces chopped dates                         ¼ teaspoon baking soda

1/2 cup apple juice                                2/3 cup brown sugar

1 ¼ cups whole wheat flour                  1 teaspoon lemon zest

1 cup flour                                             10 Tablespoons butter

¼ cup wheat bran                                  1 egg

¼ teaspoon salt                                       ¼ cup applesauce

Bring dates and apple juice to a boil.  Reduce heat and simmer 10 minutes or until liquid is absorbed.  Puree in food processor and cool.  Whisk together dry ingredients.  Beat sugar, butter and zest in mixer for 1 minutes.  Add egg and mix 1 minute.  Mix in dry ingredients in 3 batches alternating with applesauce.  Divide dough in half.  Wrap in plastic wrap, flatten into rectangles and refrigerate 2 hours.  Roll out dough between sheets of waxed paper to a 9 by 11 inch rectangle and trim edges.  Cut rectangle in half and spread1/2 of filling on one half.  Place dough over filled half and transfer to baking sheet.  Refrigerate  20 minutes.  Bake 20 minutes at 375 on let cool 5 minutes.  Cut into 1 1/2” squares  and cool.