

CHEWY NUT BARS

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	25 g	5 g	12 g	63 mg	178 mg	58 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 SALT
 EGGS,WHOLE,FROZEN
 SUGAR,BROWN,PACKED
 EXTRACT,VANILLA
 WALNUTS,SHELLED,CHOPPED
 COOKING SPRAY,NONSTICK

Weight

1-7/8 lbs
 1-1/8 oz
 1 oz
 3-1/4 lbs
 3-1/2 lbs
 7/8 oz
 3-2/3 lbs
 2 oz

Measure

1 qts 3 cup
 2-1/3 tbsp
 1 tbsp
 1 qts 2 cup
 2 qts 2-3/4 cup
 2 tbsp
 3 qts 2 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Sift together flour, baking powder and salt. Set aside for use in Step 3.
- 2 Place brown sugar, eggs, and vanilla in mixer bowl. Beat at low speed for 1 minute, then at medium speed for 2 to 3 minutes or until smooth.
- 3 Add flour mixture; mix at low speed for 1 minute or until well blended.
- 4 Add nuts; mix for 1 minute at low speed.
- 5 Lightly spray each pan with non-stick cooking spray. Spread about 3-1/4 quarts batter into sprayed pans.
- 6 Using a convection oven, bake at 325 F. for 20 minutes or until done on low fan, open vent.
- 7 Cook; cut 6 by 18.