

RAISIN NUT BARS

Yield 100

Portion 1 Bar

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
275 cal	37 g	6 g	12 g	18 mg	191 mg	30 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
EGGS,WHOLE,FROZEN	12-7/8 oz	1-1/2 cup	
WATER	12-1/2 oz	1-1/2 cup	
SHORTENING	1-1/2 lbs	3-3/8 cup	
SUGAR,BROWN,PACKED	2-1/8 lbs	1 qts 2-1/2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	5-1/4 lbs	1 gal 3/4 qts	
MILK,NONFAT,DRY	5/8 oz	1/4 cup 1/3 tbsp	
SALT	1 oz	1 tbsp	
BAKING SODA	3/4 oz	1 tbsp	
CINNAMON,GROUND	1/2 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
RAISINS	1-7/8 lbs	1 qts 2 cup	
NUTS,UNSALTED,CHOPPED,COARSELY	1-7/8 lbs	1 qts 2 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
EGGS,WHOLE,FROZEN,BEATEN	1-5/8 oz	3 tbsp	
WATER	2-1/8 oz	1/4 cup 1/3 tbsp	
SUGAR,GRANULATED	3-1/2 oz	1/2 cup	

Method

- 1 Place ingredients in mixer bowl in order listed. Beat at low speed 1 to 2 minutes or until thoroughly blended. Scrape down bowl once during mixing.
- 2 Lightly spray each pan with non-stick cooking spray. Divide dough into 1 pound 9 ounce pieces. Form into strips about 22 inches long on lightly sprayed pans. Place 3 strips per pan. Press strips down until each strip is about 4 inches wide and 3/8 inches thick.
- 3 Mix egg and water together. Brush top of each strip of dough with egg and water mixture.
- 4 Sprinkle about 2-1/2 teaspoons sugar over each strip.
- 5 Using a convection oven, bake at 325 F. for 10 to 12 minutes or until done on low fan, open vent.
- 6 While still warm, cut each strip into 12 bars, about 1-3/4 inches wide.