

CONGO BARS

Yield 100

Portion 2 Bars

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
240 cal	31 g	4 g	12 g	41 mg	175 mg	55 mg

Ingredient

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

Weight

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

Measure

3 qts
 2-1/3 tbsp
 1 tbsp
 3-3/4 cup
 3 cup
 2 qts 2-3/4 cup
 2 tbsp
 2 cup
 1 qts
 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 eggs, brown sugar, vanilla and oil in mixer bowl. Beat at low speed for 1 minute, then at medium speed for 2 to 3 minutes until smooth.
- 3 Add flour mixture; mix at low speed 1 minute or until well blended.
- 4 Add nuts and chocolate chips; mix for 1 minute at low speed.
- 5 Lightly spray each pan with non-stick cooking spray. Spread about 6 pounds 11 ounces batter into sprayed sheet pans.
- 6 Using a convection oven, bake at 325 F. for 25 minutes or until done on low fan, open vent.
- 7 Cool; cut 6 by 18.