

**HERMITS**

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
229 cal	39 g	3 g	7 g	17 mg	50 mg	22 mg

**Ingredient**

SUGAR,GRANULATED  
 SHORTENING  
 BAKING SODA  
 EGGS,WHOLE,FROZEN  
 NUTMEG,GROUND  
 CINNAMON,GROUND  
 MOLASSES  
 WATER  
 RAISINS  
 FLOUR,WHEAT,GENERAL PURPOSE  
 COOKING SPRAY,NONSTICK

**Weight**

2-2/3 lbs  
 1-1/3 lbs  
 1/2 oz  
 14-1/4 oz  
 1/2 oz  
 1/2 oz  
 1-1/8 lbs  
 8-1/3 oz  
 1-7/8 lbs  
 4-2/3 lbs  
 2 oz

**Measure**

1 qts 2 cup  
 3 cup  
 1 tbsp  
 1-5/8 cup  
 2 tbsp  
 2 tbsp  
 1-1/2 cup  
 1 cup  
 1 qts 2 cup  
 1 gal 1/4 qts  
 1/4 cup 1/3 tbsp

**Issue****Method**

- 1 Blend sugar, shortening, baking soda, eggs, nutmeg and cinnamon in mixer bowl at low speed 1 to 2 minutes or until well blended. Scrape down bowl.
- 2 Add molasses, water, and raisins; mix at medium speed about 1 minute or until blended.
- 3 Add flour gradually; mix at low speed only until ingredients are combined.
- 4 Lightly spray each pan with non-stick cooking spray. Divide dough into 12 pieces, weighing about 1 pounds each; form into strips about 22 inches long. Place 3 strips on each lightly greased sheet pan. Press strips down until each is 3 inches wide, and 3/8 inches thick.
- 5 Using a convection oven, bake at 325 F. for 10 to 12 minutes or until done on low fan, open vent.
- 6 Loosen baked strips from pans while still warm; cut each strip into 16 bars.