

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

EGGS,WHOLE,FROZEN
 WATER
 SHORTENING
 SUGAR,BROWN,PACKED
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 SALT
 BAKING SODA
 CINNAMON,GROUND
 NUTMEG,GROUND
 RAISINS
 NUTS,UNSALTED,CHOPPED,COARSELY
 COOKING SPRAY,NONSTICK
 EGGS,WHOLE,FROZEN,BEATEN
 WATER
 SUGAR,GRANULATED

Weight

12-7/8 oz
 12-1/2 oz
 1-1/2 lbs
 2-1/8 lbs
 5-1/4 lbs
 5/8 oz
 1 oz
 3/4 oz
 1/2 oz
 1/8 oz
 1-7/8 lbs
 1-7/8 lbs
 2 oz
 1-5/8 oz
 2-1/8 oz
 3-1/2 oz

Measure

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

Issue**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.