



ALMOND BUTTERSCOTCH BARS



Time
40min



Servings
24

Calcium Recommended Daily Intake
9.20%

Calories

561

Calcium

92mg

Protein

6g

Vitamin D

0.60 IU

Ingredients

Bars

- 375 g all-purpose flour
- 10 g baking powder
- 125 g butter
- 500 g packed brown sugar
- 2 eggs
- 7 ml vanilla
- 30 g semi-sweet chocolate

Nutty Topping

- 850 g butter
- 75 g sugar
- 75 g corn syrup
- 1 g salt
- 375 g sliced almonds

Instructions

1. Preheat oven to 350 F (180 C) 13- x 9-inch (3 l) baking pan.
2. Greased in a small bowl, combine flour and baking powder; set aside. Melt butter in a large saucepan. Remove from heat; blend in brown sugar. Beat in eggs and vanilla. Stir in flour mixture.
3. Spread batter in prepared pan. Bake in preheated oven for 20 minutes. Meanwhile, prepare Nutty topping: Melt butter in small saucepan. Mix sugar, corn syrup, 2 tbsp (30 ml) water and salt. Bring mixture to a boil; boil for 4 minutes, stirring constantly. Stir in sliced almonds.
4. Spread Nutty Topping evenly over the surface of the cake. Continue baking for 15 minutes longer. Cool in pan for at least 60 minutes. Melt chocolate in the microwave or in a small saucepan and drizzle over pan. Cut into bars.



From the Everyday Calcium Cookbook by Helen Bishop MacDonald.

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<https://www.osteoporosis.foundation/patients/recipes>