

## Spa Protein Bar Recipe

Yield: One Baking Sheet

### Ingredients

2	lbs	sugar
1	lb	butter
1	lb	sweetex shortening
1	lb	coconut
2	lbs	raspberry preserves
1	oz	salt
2	cups	chopped walnuts
2	lbs	bread flour
3		Eggs
¼	cup	vanilla
20	ounces	rolled oats

### Method

- Mix all ingredients
- Spread half of the mixture in baking sheet
- Spread raspberry preserves on mixture
- Spread remaining mixture on top of preserves
- Bake at 350 degrees for approximately 20 minutes or until golden brown
- Cut 7 x 10