

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