

# Maple Walnut Bars

My choir friend Donnell's daughter Susan's recipe, 12/2012



*Absolutely YUMMY. Easy too. Note that you use maple extract in the filling and the drizzle.*

## CRUST:

- 1 1/2 cups all-purpose flour
- 1/4 cup brown sugar, packed
- 1/4 teaspoon salt
- 1/2 cup unsalted butter, room temp

## FILLING:

- 3/4 cup sugar
- 3/4 cup maple syrup (do not use imitation syrup)
- 1 teaspoon maple extract
- 3 large eggs
- 1 1/2 cups walnuts, chopped

## GLAZE:

- 1 cup confectioner's sugar
- 1/2 teaspoon maple extract
- 1 tablespoon milk, or up to 2 tablespoons

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 36

*Sometimes maple extract is a bit hard to find - it's necessary in these in order to get the really maple-y taste.*

1. Preheat oven to 350°. Grease a quarter-sheet pan (usually measures an interior 8 1/2 x 12) or 9x12 baking pan.
2. In a large bowl combine all of the crust ingredients. Beat at low speed until crumbly. Press mixture into greased pan, pressing so there are no gaps. Press it to a thin layer and a little bit up the sides if you have enough.
3. Bake for 12-14 minutes, or until golden brown.
4. FILLING: In a bowl combine all of the filling ingredients (except walnuts) and beat until smooth and well combined. Stir in walnuts.
5. Remove baking pan from oven and pour filling evenly over warm base, moving walnuts so they are evenly distributed.
6. Bake an additional 20 minutes or until the filling is about 98% set in the middle. Watch carefully as the filling may go from liquid to hard candy almost. It will continue to cook once removed from the oven. Remove and place on a rack to cool for at least an hour.
7. FROSTING: Combine all glaze ingredients and stir well until smooth, adding additional milk for desired drizzling consistency. Drizzle over bars. Cut in small squares.
8. Store bars in refrigerator.

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Per Serving (excluding unknown items): 132 Calories; 6g Fat (39.8% calories from fat); 2g Protein; 18g Carbohydrate; trace Dietary Fiber; 25mg Cholesterol; 23mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.