

Pecan Pie Bars

Heart Healthy

Items Needed: mixing bowl, 8x8 baking dish, mixing spoon, fork, measuring spoons, measuring cups.

Serves: 12

Ingredients:

- 3 large eggs
- 1 cup of light corn syrup
- ½ cup brown sugar
- 1 tsp vanilla
- 1 cup pecans
- ¼ cup unsalted butter (melted)

Crust:

- 1 cup all purpose flour
- ¼ tsp salt
- ¼ cup canola oil or plant based oil
- 2 tsp sugar

Directions:

1. Preheat oven to 350 degrees
2. In a mixing bowl combine your AP flour, salt, oil and sugar. Work together until it makes a crust like texture, I found it easiest to achieve using a fork and working the oil in. Once it all comes together, spray your 8x8 baking sheet with a light coating of pan spray on the bottom and push the crust mixture down until it is a flat layer of dough.
3. Bake for 10-15 minutes, until the crust starts to brown slightly.
4. Rinse out your mixing bowl and add the remaining ingredients for the filling: 3 large eggs, corn syrup, brown sugar, vanilla, pecans and melted butter. Mix everything together until there are no clumps of sugar (you can also sub a little of the corn syrup for some pancake syrup or maple syrup to add a maple touch to your bars.)
5. Place back in the oven for approximately 40 minutes or until the middle is set.
6. Let cool completely before slicing into 12 pieces. Enjoy!



Nutrition Information (per 1 square):

Calories: 246 Fat: 11.6 g Sat Fat: 3.3 g Carbs: 33.6 g Protein: 3 g Fiber: 0.5 g Sodium: 98mg

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