

Gluten-Free Magic Bars

Recipe from The Flour Farm

Ingredients

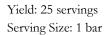


Cookie Crust

- 3/4 cup Old Fashioned Oats
- $1/2 \exp + 1 \operatorname{tsp} Flour Farm$ Organic Gluten Free Flour
- 1/4 cup Light Brown Sugar
- 1/4 tsp Baking Soda
- 1/4 tsp Salt
- 1/4 cup Oil
- 1/2 Large Egg, slightly beaten
- 1 tsp Vanilla
- 1/3 cup Mini Chocolate Chips

Layers

- 3/4 cup Unsweetened Shredded Coconut
- 1/2 cup Mini Chocolate Chips
- 3/4 cup Butterscotch Chips
- 1 cup 2 Tbsp (7 ox) Sweetened Condensed Milk
- 1/2 cup Chopped Raw Cashews





Directions 10



- Move oven rack to center. Preheat oven to 375 degrees. Spray or grease an 8x8 or square pan.
- Combine all ingredients for the cookie crust except the chocolate chips. Mix well with a sturdy spoon until all ingredients are incorporated. Press the dough into the prepared baking pan. Sprinkle the chocolate chips evenly over the surface of the dough. Gently press the chocolate chips into the dough.
- Bake for 5 minutes.
- Remove pan from the oven and place on a cooling rack. Spread the coconut evenly over the surface. Next, spread an even layer of mini chocolate chips followed by a layer of butterscotch chips. Slowly pour the sweetened condensed milk evenly over the top. Finish with a layer of chopped cashews.
- Return the pan to the oven and bake for 25 minutes. The top will appear golden brown. Remove from the oven and transfer the pan to the cooling rack. Cool for several hours before cutting. Bars refrigerate well for up to three days or freeze for up to a month.

Cooking Tips



For the layers: add more or less depending on your preference. Use the measurements as a guide.

Nutrition Facts

1 bar (30g)

25 servings per container

Serving size

Amount Per Serving Calories	160
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 52mg	4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Featured Food Groups



6%

0%



Iron 1.08mg

Potassium 0mg

