

Cranberry Blondies

*All-Time Favorites 2012 Cookbook
Better Homes and Gardens Magazine*

Yield: 12 bars

CINNAMON WHIPPED CREAM

*1/2 cup whipping cream
1/4 teaspoon ground cinnamon*

BLONDIES

*non stick cooking spray
1/2 cup butter, softened
1/2 cup granulated sugar
1/2 cup packed brown sugar
3/4 cup baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
2 eggs
1 teaspoon vanilla
1 cup all-purpose flour
1/2 cup dried cranberries
1/2 cup white chocolate, coarsely
chopped
1 cup fresh cranberries*

Make the Cinnamon Whipped Cream: In a chilled medium mixing bowl, combine the whipping cream and cinnamon. Beat with an electric mixer on medium speed until soft peaks form. Set aside.

Preheat the oven to 350 degrees.

Line a 11x7x1-1/2-inch baking pan with foil. Coat the foil with nonstick cooking spray. Set aside.

In a large mixing bowl, beat the butter with a wire whisk or electric mixer until softened. Whisk or beat in the sugars, baking powder, baking soda and salt. Whisk or beat in the eggs and vanilla until combined. With a whisk or electric mixer on low speed, beat in the flour.

Stir in the dried cranberries and white chocolate. Spread the batter in the prepared pan. Sprinkle with the fresh cranberries. Press in lightly with a spatula.

Bake for 25 or 30 minutes or until a toothpick inserted near the center comes out clean. Cool in the pan on a wire rack for one hour. Lift with the foil to remove from the pan. Cut into bars.

Serve with the cinnamon whipped cream.

Per Serving (excluding unknown items): 3375 Calories; 188g Fat (47.6% calories from fat); 34g Protein; 431g Carbohydrate; 14g Dietary Fiber; 835mg Cholesterol; 19589mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 36 Fat; 21 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	3375	Vitamin B6 (mg):	.3mg
% Calories from Fat:	47.6%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	48.6%	Thiamin B1 (mg):	1.1mg
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	188g	Folacin (mcg):	254mcg
Saturated Fat (g):	112g	Niacin (mg):	8mg
Monounsaturated Fat (g):	56g	Caffeine (mg):	78mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	13
Cholesterol (mg):	835mg	% Refused:	0 0%
Carbohydrate (g):	431g	Food Exchanges	
Dietary Fiber (g):	14g	Grain (Starch):	6 1/2
Protein (g):	34g	Lean Meat:	1 1/2
Sodium (mg):	19589mg	Vegetable:	0
Potassium (mg):	1216mg	Fruit:	1
Calcium (mg):	10045mg	Non-Fat Milk:	1/2
Iron (mg):	32mg	Fat:	36
Zinc (mg):	4mg	Other Carbohydrates:	21 1/2
Vitamin C (mg):	14mg		
Vitamin A (i.u.):	5774IU		
Vitamin A (r.e.):	1506 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 3375 **Calories from Fat:** 1607

		% Daily Values*
Total Fat	188g	289%
Saturated Fat	112g	559%
Cholesterol	835mg	278%
Sodium	19589mg	816%
Total Carbohydrates	431g	144%
Dietary Fiber	14g	57%
Protein	34g	
Vitamin A		115%
Vitamin C		23%
Calcium		1005%
Iron		176%

* Percent Daily Values are based on a 2000 calorie diet.