

Oatmeal Caramel Bars

*Best Loved Desserts - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 60

*1 cup butter, softened
2 cups packed brown sugar
2 eggs
2 teaspoons vanilla
1 teaspoon baking soda
2 1/2 cups all-purpose flour
3 cups quick-cooking rolled oats
1 cup miniature semisweet chocolate pieces
1/2 cup chopped walnuts or pecans
30 vanilla caramels, unwrapped
3 tablespoons milk*

Preparation Time: 25 minutes

Bake: 22 minutes

Preheat the oven to 350 degrees.

Line a 15x10x1-inch baking pan with foil, leaving about one inch of foil extending over the ends of the pan. Set aside.

In a large mixing bowl, beat the butter with an electric mixer on medium to high for 30 seconds. Add the brown sugar. Beat until combined, scraping the sides of the bowl occasionally. Add the eggs, vanilla and baking soda. Beat until combined. Stir in the flour and oats. Press two-thirds of the oats mixture into the bottom of the prepared pan. Sprinkle with chocolate pieces and nuts.

In a medium saucepan, heat and stir the caramels and milk over low heat until smooth. Drizzle the caramel mixture over the chocolate and nuts. Drop the remaining oats mixture by teaspoons over the caramel.

Bake for 22 to 25 minutes or until the top is light brown. Cool in the pan on a wire rack.

Remove the bars from the pan, using the overlapping foil to lift the bars. Place on a cutting board. Cut into bars.

Per Serving (excluding unknown items): 77 Calories; 3g Fat (38.3% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 58mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	77	Vitamin B6 (mg):	trace
% Calories from Fat:	38.3%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	57.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	9mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	trace
Cholesterol (mg):	15mg	% Refuse:	n n%
Carbohydrate (g):	11g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	1/2
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	58mg	Vegetable:	0
Potassium (mg):	35mg	Fruit:	0
Calcium (mg):	10mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	trace		
Vitamin A (i.u.):	125IU		
Vitamin A (r.e.):	31RE		

Nutrition Facts

Servings per Recipe: 60

Amount Per Serving

Calories	77	Calories from Fat:	29
% Daily Values*			
Total Fat	3g		5%
Saturated Fat	2g		10%
Cholesterol	15mg		5%
Sodium	58mg		2%
Total Carbohydrates	11g		4%
Dietary Fiber	trace		1%
Protein	1g		
Vitamin A			2%
Vitamin C			0%
Calcium			1%
Iron			2%

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