

# Raspberry-Maple Bars

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## Servings: 36

*1 1/4 cups packed brown sugar  
2/3 cup butter  
1/2 cup maple syrup  
2 eggs  
2 teaspoons vanilla  
2 cups all-purpose flour  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1 cup frozen raspberries  
2 cups powdered sugar  
1/4 cup maple syrup  
2 tablespoons butter, softened  
2 tablespoons milk  
1/4 cup raspberry preserves*

## Preparation Time: 30 minutes

### Bake: 25 minutes

Preheat the oven to 350 degrees.

Line a 13x9x2-inch baking pan with foil, extending the foil over the edges of the pan. Grease the foil. Set the pan aside.

In a medium saucepan, stir the brown sugar, butter and maple syrup over medium heat until the butter is melted and the mixture is smooth. Remove from the heat. Cool slightly.

Stir in the eggs and vanilla. Stir in the flour, baking powder and baking soda until combined. Gently stir in the raspberries. Pour the batter into the prepared baking pan, spreading evenly.

Bake for 25 to 30 minutes or until a wooden toothpick inserted near the center comes out clean. Cool in the pan on a wire rack.

For the frosting: In a medium bowl, stir together the powdered sugar, 1/4 cup of maple syrup, softened butter and the milk until smooth. Spread the frosting on the cooled bars. Spoon the raspberry preserves in small mounds on the frosting. Using a narrow metal spatula or a table knife, swirl slightly to marble.

Using the edges of the foil, lift the uncut bars from the pan. Cut into bars.

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Per Serving (excluding unknown items): 138 Calories; 4g Fat (28.3% calories from fat); 1g Protein; 24g Carbohydrate; trace Dietary Fiber; 23mg Cholesterol; 71mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	138	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	28.3%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	68.4%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	3.2%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	4g	<b>Folacin (mcg):</b>	12mcg
<b>Saturated Fat (g):</b>	3g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	1g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	1
<b>Cholesterol (mg):</b>	23mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	24g		
<b>Dietary Fiber (g):</b>	trace		
<b>Protein (g):</b>	1g		
<b>Sodium (mg):</b>	71mg		
<b>Potassium (mg):</b>	54mg		
<b>Calcium (mg):</b>	26mg		
<b>Iron (mg):</b>	1mg		
<b>Zinc (mg):</b>	trace		
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	166IU		
<b>Vitamin A (r.e.):</b>	41 1/2RE		

**Food Exchanges**

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1
<b>Other Carbohydrates:</b>	1

**Nutrition Facts**

Servings per Recipe: 36

**Amount Per Serving**

**Calories** 138 Calories from Fat: 39

**% Daily Values\***

<b>Total Fat</b> 4g	7%
Saturated Fat 3g	13%
<b>Cholesterol</b> 23mg	8%
<b>Sodium</b> 71mg	3%
<b>Total Carbohydrates</b> 24g	8%
Dietary Fiber trace	1%
<b>Protein</b> 1g	
<b>Vitamin A</b>	3%
<b>Vitamin C</b>	0%
<b>Calcium</b>	3%
<b>Iron</b>	3%

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