

Almond Bars

Servings: 54

Adapted from Aimee Shugarman shugarysweets.com by Susan Thacker, Extension Master Gardener

This delicious cookie has a shortbread texture and an awesome almond glaze on top. A great recipe to make extra to always have in your freezer!

INGREDIENTS

Bars:

3 ½ cups all-purpose flour
4 teaspoons baking powder
1 cup unsalted butter, softened
1/2 teaspoon kosher salt
2 cups white sugar
2 large eggs
1 teaspoon almond extract

Topping:

2 tablespoons milk
1 cup sliced almonds

Glaze:

2 cups powdered sugar
1/2 teaspoon almond extract
2 tablespoons milk

DIRECTIONS

1. Preheat oven to 325°F. Generously butter or baking spray an 18x13 inch half sheet pan.
2. In a medium bowl, combine flour, baking powder and salt. Reserve for later.
3. In a large mixing bowl, beat butter and sugar 3-4 minutes until fluffy and light. Beat in eggs and almond extract. Gradually add in flour, mixing well.
4. Press batter into prepared pan. Smooth top with fingers or a pastry roller.
5. Brush milk with pastry brush onto top of dough. Sprinkle with sliced almonds, pressing them lightly into dough.
6. Bake 20-22 minutes. Do not brown.
7. Cool about 5 minutes, then cut into bars. If too soft to cut, allow to cool longer. Remove to wire racks to completely cool.
8. Mix together powdered sugar, almond extract and milk for glaze. Drizzle over bars; allow to set.
9. Store in an airtight container for up to one week. Can be frozen with parchment paper between layers; thaw to room temperature before serving.

Nutrients Per Serving:

120 Calories | 4.5g Fat (2.5g Saturated) | 19g Carbohydrates | 12g Added Sugar | 1g Protein | 60mg Sodium | 0g Fiber

Apricot Oat Bars

Servings: 24

Source: Adapted from Giada De Laurentis by Extension Master Food Volunteers

These bars have a rustic and crunchy texture similar to a granola bar but they are definitely a sweet treat that will be a favorite for a pot luck or cookie exchange.

INGREDIENTS

1 ½ cups apricot jam or preserves
10 dried apricots, chopped into small pieces, about 1/2 cup
1 ¾ cups all purpose flour
1 cup lightly packed brown sugar
1 teaspoon cinnamon
3/4 teaspoon salt
3/4 teaspoon baking soda
1 ¾ cups old fashioned oats
1 cup coarsely chopped walnuts
1 cup unsalted butter, melted
1 egg, room temperature, beaten
1 teaspoon vanilla extract

DIRECTIONS

1. Preheat oven to 350° F.
2. Spray 9"x13" metal baking pan with cooking spray. Line the pan with parchment paper leaving some overhang on the two long sides. Spray the parchment lightly with cooking spray.
3. In small bowl mix together jam and apricots and set aside.
4. In large bowl whisk together flour, sugar, cinnamon, salt and baking soda. Stir in oats and walnuts. Add butter, egg and vanilla and stir until incorporated.
5. Lightly press half of crust mixture into bottom of prepared pan. Use a spatula to spread filling onto crust leaving a 1/2 inch border around edge. Top with remaining crust and gently press to flatten.
6. Bake until light golden, about 30-35 minutes.
7. Allow to cool completely in the pan on a cooling rack. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days.

Nutrients Per Serving:

250 Calories | 12g Fat (5g Saturated) | **35g** Carbohydrates | **9g** Added Sugar | 3g Protein | **125mg** Sodium | **1g** Fiber

Browned Butter Rice Krispie Treats

Servings: 24

Source: adapted from Sally's Baking Addiction by Extension Master Food Volunteer Joan Chollet

Rice Krispie Treats are elevated by taking a little extra time to brown the butter. Use a light-colored pan to be able to see the butter browning and add a bit more butter (2 tablespoons here) because some of the water in the butter evaporates reducing the amount you'll end up with. Gather all ingredients and measure out the cereal before beginning as you have to work fast!

INGREDIENTS

3/4 cup plus 2 tablespoons unsalted butter
2 10-ounce bags mini marshmallows
1/2 teaspoon vanilla extract
Pinch of salt
9 cups crispy rice cereal

DIRECTIONS

1. Line a 9"x13" baking pan with parchment paper and lightly grease the parchment with cooking spray.
2. Browned butter
3. Return the pan to the stove and over low heat add the marshmallows and stir until completely melted.
4. Remove from heat and immediately stir in the vanilla and salt. Add the cereal and fold in until all the cereal is coated.
5. Transfer the mixture to the prepared pan. Use a lightly greased rubber spatula to gently press the mixture down just until it feels more solid. Do not pack the mixture too hard.
6. Allow to cool completely in the pan on a cooling rack. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days.

Nutrients Per Serving:

180 Calories | 7g Fat (4g Saturated) | **28g** Carbohydrates | **15g** Added Sugar | 1g Protein | **75mg** Sodium | **0g** Fiber

Chocolate Chip Cookie Bars

Servings: 24

Source: adapted by Extension Master Food Volunteer Jean Porter

Try this quick and easy method for making soft and chewy chocolate chip cookies – no chill time or rolling cookies – just spread them in a pan and bake! Vanilla pudding is a secret ingredient.

INGREDIENTS

3/4 cup brown sugar
3/4 cup sugar
2 eggs
1 teaspoon vanilla
1/2 cup unsalted butter
1/2 cup shortening
2 1/4 cups flour
1 teaspoon salt
1 teaspoon baking soda
1 small pkg. Vanilla Instant pudding
1 cup chocolate chips

DIRECTIONS

1. Preheat oven to 375° F. Line a 9x13 pan with parchment paper leaving overhang on the long sides for lifting baked cookies from the pan.
2. In a large bowl with a stand or hand mixer add the brown sugar, sugar, eggs, vanilla, butter and shortening and beat on medium-high speed until creamy, about 3 minutes, scraping down the sides of the bowl as needed.
3. Add the salt, baking soda and instant pudding to the bowl and mix until incorporated.
4. Add the flour to the bowl in three batches, mixing well after each addition.
5. Place dough into a 9x13 pan and spread or pat down to even out the dough. Stir in the chocolate chips.
6. Bake for 20-30 minutes or until golden brown.
7. Allow to cool completely in the pan on a cooling rack. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days.

Nutrients Per Serving:

220 Calories | 11g Fat (5g Saturated) | **30g** Carbohydrates | **17g** Added Sugar | 2g Protein | **220mg** Sodium | **1g** Fiber

Chocolate Oatmeal Bars

Servings: 48

Adapted from Jennifer Eilts at Taste of Home by Susan Thacker, Extension Master Gardener

This delicious bar cookie – full of chocolate and walnuts – is a chewy square topped with a nutty crumble that will fly off the dessert table.

INGREDIENTS

1 cup plus 2 tablespoons butter, softened, divided
2 cups packed brown sugar
2 large eggs, room temperature
4 teaspoons vanilla extract, divided
3 cups quick cooking oats
2 ½ cups all-purpose flour
1 ½ teaspoons salt, divided
1 teaspoon baking soda
1 14-ounce can sweetened condensed milk
2 cups semisweet chocolate chips
1 cup chopped walnuts

DIRECTIONS

1. Preheat oven to 350°F. Grease a 15x10x1 inch baking pan.
2. In a large mixing bowl combine 1 cup butter and brown sugar until light and fluffy, 5-7 minutes. Beat in eggs and 2 teaspoons vanilla.
3. Combine oats, flour, 1 teaspoon salt and baking soda; gradually add to bowl and mix well.
4. Press two-thirds of oat batter into greased baking pan.
5. In a large saucepan, combine condensed milk, chocolate chips, remaining 2 tablespoons butter and 1/2 teaspoon salt. Cook over low heat, stirring until chocolate is melted. Remove from burner; stir in walnuts and last 2 teaspoons vanilla extract. Spread over crust. Sprinkle remaining oat batter over top.
6. Bake 20-25 minutes, until golden brown. Remove to wire rack to cool.
7. After cutting, store in an airtight container.

Nutrients Per Serving:

190 Calories | 9g Fat (4.5g Saturated) | 27g Carbohydrates | 13g Added Sugar | 3g Protein | 115mg Sodium | 1g Fiber

Coconut Brownies

Servings: 24

Source: adapted by Extension Master Food Volunteer Carol Esser

These brownies come together so quick with brownie mix and prepared frosting and will make German Chocolate Frosting lovers very happy!

INGREDIENTS

1 package fudge brownie mix (13-inch by 9-inch size)
1 cup sour cream
1 cup coconut pecan frosting
2 eggs
1/4 cup water
1 cup semisweet chocolate chips

DIRECTIONS

1. Preheat oven to 350° F. Lightly grease a 9"x13" pan with cooking spray and set aside.
2. In a large bowl combine brownie mix, sour cream, coconut-pecan frosting, eggs and water. Stir just until moistened, do not over mix.
3. Pour the mixture into the prepared pan and spread evenly. Bake for 30-35 minutes or until center is set. Do not overbake
4. Place pan on cooling rack. Sprinkle the chocolate chips over the top and let stand for 5 minutes for chips to melt. Spread the chips over the top to frost.
5. Allow to cool completely in the pan on a cooling rack. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days.

Nutrients Per Serving:

200 Calories | 9g Fat (4g Saturated) | **28g** Carbohydrates | **8g** Added Sugar | 2g Protein | **100mg** Sodium | **0g** Fiber

Gluten Free Magic Cookie Bars

Servings: 24

Source: adapted from Allrecipes by Extension Master Food Volunteer Jean Porter

A peanut butter base replaces a flour crust making these gluten free bars truly magical! They are always a big hit and stay fresh for days.

INGREDIENTS

2 cups granulated sugar
2 large eggs
2 cups gluten free peanut butter
3/4 cup semisweet chocolate chips
3/4 cup dark chocolate chips
1/2 cup chopped raw pecans
1/2 cup chopped raw almonds
1 cup flaked coconut
1 14-ounce sweetened condensed milk

DIRECTIONS

1. Preheat oven to 350° F. Line a 9x13 baking pan with parchment paper, leaving a slight overhang on the long sides. Lightly coat parchment with cooking spray.
2. In a medium size bowl mix sugar and eggs together until smooth;
3. Add peanut butter and stir until well blended.
4. Pour peanut butter mixture into the prepared baking dish and spread evenly
5. Bake in the preheated oven until cookie base is partly cooked, about 8 minutes.
6. Layer semisweet chocolate chips, dark chocolate chips, pecans, almonds, and coconut onto the cookie base.
7. Slowly pour sweetened condensed milk evenly over the toppings.
8. Bake in the preheated oven until coconut is slightly brown, about 30 minutes.
9. Allow to cool completely in the pan on a cooling rack. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days.

Nutrients Per Serving:

360 Calories | 21g Fat (7g Saturated) | **41g** Carbohydrates | **23g** Added Sugar | 8g Protein | **130mg** Sodium | **3g** Fiber

Guinness Brownies

Servings: 20

Source: Extension Master Food Volunteer Sue Swan

These brownies are extra rich and decadent, and the stout beer reduction gives them an intense chocolate flavor.

INGREDIENTS

2 cups Guinness Extra Stout Beer
12 ounces 70% cacao bittersweet chocolate bars finely chopped
2 teaspoons espresso powder
1 ½ cups granulated sugar
1 cup butter, melted
1/4 cup firmly packed light brown sugar
4 large eggs, room temperature
1 egg yolk, room temperature
2 teaspoons vanilla extract
1 ½ cups flour
1 teaspoon salt

Malted Frosting:

2/3 cup butter, softened
½ teaspoon salt
3 ¾ cup powdered sugar
½ cup malted milk powder
1 ½ teaspoon espresso powder
3 – 3 ½ tablespoons reduced Guinness
1 teaspoon vanilla

DIRECTIONS

1. Preheat the oven to 350° F. Line a 9x13 baking pan with parchment paper, leaving a slight overhang on the long sides.
2. In a small saucepan, bring Guinness to a boil over medium high heat. Reduce heat to medium-low and simmer, stirring occasionally until reduced to 1 cup, about 35 minutes. Cool for 30 minutes.
3. In the top of a double boiler combine chocolate and espresso powder. Cook over simmering water stirring occasionally until smooth.
4. In a large bowl whisk together granulated sugar, melted butter, brown sugar, eggs, egg yolk, and vanilla until well combined. Add the chocolate mixture and just 5/8 cup (160 grams) of reduced Guinness, whisking until well combined.
5. In a medium bowl whisk together flour and salt. Add to chocolate mixture whisking until combined. Pour batter into pan and smooth. Bake about 35 minutes or until a toothpick in the center comes out mostly clean. Cool completely on wire rack.

Malted Frosting

1. In a large bowl with stand or hand mixer beat butter and salt on medium speed until creamy.
2. Add powdered sugar, milk powder, espresso powder, Guinness and vanilla, beat on medium speed, about 2 minutes.
3. Spread onto cooled brownies and allow to set a bit.
4. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days.

Nutrients Per Serving:

450 Calories | 23g Fat (15g Saturated) | 59g Carbohydrates | 46g Added Sugar | 4g Protein | 210mg Sodium | 3g Fiber

Lemon Squares

Servings: 24

Source: adapted by Extension Master Food Volunteer Carol Esser

These luscious lemon bars have a buttery crust and a tangy lemon filling that are sure to please your tastebuds!

INGREDIENTS

1 cup all-purpose flour
½ cup unsalted butter, softened
¼ cup powdered sugar
2 large eggs
1 cup granulated sugar
1/2 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons freshly squeezed lemon juice

DIRECTIONS

1. Preheat oven to 350° F. Line a 8"x8" baking pan with parchment paper, leaving a slight overhang on the long sides.
2. In a large bowl with a stand or hand mixer mix the butter and powdered sugar until combined. Add the flour and mix until thoroughly combined.
3. Press the dough into the prepared pan, building up a 1/2" edge along all sides. Bake for 20 minutes.
4. In a large bowl with a stand or hand mixer mix the eggs, granulated sugar, baking powder, salt and lemon juice until light and fluffy, about 3 minutes.
5. Pour the lemon mixture over the hot crust. Bake for 25 minutes or until no imprint remains when touched lightly in the center.
6. Allow to cool completely in the pan on a cooling rack. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days.

Nutrients Per Serving:

90 Calories | 4g Fat (2g Saturated) | **13g** Carbohydrates | **9g** Added Sugar | 1g Protein | **60mg** Sodium | **0g** Fiber

Little Lemonies (Lemon Brownies)

Servings: 24 small squares

Source: Extension Master Food Volunteer Diana Sowers

Are they still brownies if they don't contain any chocolate?!

Yes, and once you've experienced these delightful Lemonies (or lemon BROWNIES), you'll understand why they are worthy of the name.

INGREDIENTS

1 cup (142 g) all-purpose flour
3/4 cup (159 g) granulated sugar
1 tablespoon lemon zest (from 1 lemon)
1/4 teaspoon baking powder
1/4 teaspoon salt
1/2 cup salted butter, melted and cooled
2 large eggs
1 large egg yolk
3 tablespoons fresh lemon juice (1-2 lemons)
1 teaspoon vanilla extract

LEMON GLAZE

3/4 cup powdered sugar
1 tablespoon freshly squeezed lemon juice
1/2 teaspoon lemon zest

DIRECTIONS

1. Preheat the oven to 350° F. Line a 8x8 baking pan with parchment paper, leaving a slight overhang on the long sides. Set aside.
2. In a large bowl, whisk together the flour, sugar, lemon zest, baking powder, and salt.
3. In a separate bowl, whisk together the butter, eggs, egg yolk, lemon juice, and vanilla.
4. Stir the wet ingredients into the flour mixture and mix until combined.
5. Spread the batter evenly in the prepared pan.
6. Bake for 18 to 20 minutes, until the top springs back slightly to touch. Let the bars cool completely in the pan.
7. For the glaze, whisk together powder sugar, lemon juice and lemon zest until combined.
8. Drizzle the glaze over the cooled bars and use an offset spatula or knife to spread evenly.
9. Refrigerate for 1 to 2 hours to let the glaze set. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days .

Nutrients Per Serving:

100Calories | 4.5g Fat (2.5g Saturated) | 14g Carbohydrates | 10g Added Sugar | 1g Protein | 65mg Sodium | 0g Fiber

Peanut Butter Bar Cookies

Servings: 24

Source: adapted by Extension Master Food Volunteer Jamie Mast

These bars are a rich treat with the classic pairing of peanut butter and chocolate.

INGREDIENTS

1/2 cup unsalted butter, softened
1/3 cup creamy peanut butter
1/2 cup sugar
1/2 cup brown sugar
1 large egg
1/2 teaspoon vanilla
1 cup all-purpose flour
1 cup old-fashioned oats
1/2 teaspoon salt
1 teaspoon baking soda
1 cup chocolate chips
2 tablespoons peanut butter
1 tablespoon milk
1 cup powdered sugar

DIRECTIONS

1. Preheat the oven to 350° F. Line a 9x13 baking pan with parchment paper, leaving a slight overhang on the long sides.
2. In a medium sized bowl, whisk together the flour, oatmeal, baking soda, and salt.
3. In a large bowl with a stand or hand mixer add the butter, 1/3 cup peanut butter, granulated sugar, and brown sugar and beat on medium high speed until light and fluffy, 2-3 minutes. Add eggs and vanilla and mix well, scraping down the bowl as needed. Add the flour mixture and mix until combined.
4. Transfer the dough to the prepared pan and spread into an even layer. Bake until edges are golden brown, 20-25 minutes.
5. Sprinkle chocolate chips over the bars and return to oven for 2-3 minutes until melted and spreadable. Remove from oven and spread the chocolate over the bars. Allow to cool completely.
6. In a small bowl combine 2 tablespoons of peanut butter, milk and powdered sugar until smooth. Spread onto bars.
7. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days.

Nutrients Per Serving:

180 Calories | 9g Fat (4.5g Saturated) | 26g Carbohydrates | 18g Added Sugar | 3g Protein | 130mg Sodium | 1g Fiber

Raspberry Shortbread Bars

Servings: 12

Source: Extension Master Food Volunteers

These bars combine a simple buttery shortbread with sweet raspberry jam. Add a light glaze if desired.

INGREDIENTS

Cookies

1/2 cup salted butter, softened
1/4 cup granulated sugar
1 egg yolk
1 teaspoon vanilla extract
1 cup all-purpose flour
1/2 cup raspberry jam

Glaze (optional)

1 cup powdered sugar
1-2 tablespoons milk
1 tablespoon melted butter, cooled

DIRECTIONS

1. Preheat oven to 350 F. Line a 9x9-inch square baking pan with parchment paper and set aside.
2. In a large bowl with a hand or stand mixer beat the butter and sugar until light and fluffy. Add the egg yolk and vanilla and mix until combined, scraping down the sides of the bowl as needed.
3. Add the flour, mixing slowly until the shortbread dough has formed. Do not over mix.
4. Spread $\frac{3}{4}$ of the dough into the prepared baking pan and spread evenly with a spatula or with clean hands. Top with raspberry jam and spread evenly over the top with a spoon. Crumble the remaining cookie dough over the top of the raspberry jam.
5. Bake for 25-28 minutes or until the top is light golden brown. Allow to cool completely.

Optional Glaze:

In a medium size bowl whisk together the powdered sugar, melted butter and 1 tablespoon of the milk. Add more milk in small amounts to get desired consistency. Drizzle over the top of the cooled bars.

Nutrients Per Serving (without glaze):

160Calories | 8g Fat (5g Saturated) | 21g Carbohydrates | 10g Added Sugar | 1g Protein | 60mg Sodium | 0g Fiber

Scotcheroos

Servings: 24

Source: Extension Master Food Volunteer Dave Hopkins

These bars are a family favorite filled with peanut butter, chocolate, butterscotch, and crispy rice cereal for texture – what's not to like?

INGREDIENTS

1 tablespoon unsalted butter
1 ½ cups creamy peanut butter
1 cup light corn syrup
1 cup granulated sugar
6 cups crisp rice cereal
1/2 cup semisweet chocolate chips
1/2 cup butterscotch chips

DIRECTIONS

1. Prepare a 9"x13" pan by generously coating with the butter.
2. Add the peanut butter, corn syrup, and sugar in a large pot. Cook over medium heat stirring until the peanut butter melts. Bring the mixture to a boil, then remove the pot from heat.
3. Stir in the crisped rice cereal and stir until the cereal is coated with the peanut butter mixture.
4. Transfer the mixture to the prepared pan. Pat into a uniform thickness either with buttered hands or a piece of parchment paper.
5. In a medium saucepan melt the chocolate chips and butterscotch chips over medium-low heat, stirring until smooth.
6. Spread the melted chip mixture over the top of the bars. Allow to cool completely before cutting into bars.

Nutrients Per Serving:

250 Calories | 11g Fat (4g Saturated) | **35g** Carbohydrates | **26g** Added Sugar | 5g Protein | **120mg** Sodium | **5g** Fiber

Snickerdoodle Bars

Servings: 24

Source: adapted by Extension Master Food Volunteer Diana Sowers

Try this quick and easy method for making soft snickerdoodles – no rolling cookies – just spread them in a pan, sprinkle with cinnamon sugar and bake!

INGREDIENTS

2 ½ cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon kosher salt
1 cup unsalted butter, at room temperature
1 ½ cups granulated sugar, divided
1/2 cup packed light brown sugar
2 large eggs, at room temperature
1 ½ teaspoon vanilla extract
2 teaspoons ground cinnamon

DIRECTIONS

1. Preheat the oven to 350° F. Coat a 9x13 baking pan with cooking spray and line with parchment paper, leaving a slight overhang on the long sides.
2. In a large bowl, whisk together the flour, baking powder, and salt.
3. In a large bowl with a stand or hand mixer add the butter, 1¼ cup granulated sugar, and brown sugar and beat on medium high speed until light and fluffy, 2-3 minutes. Add eggs and vanilla and mix well, scraping down the bowl as needed. Add the flour mixture in three batches, mixing on low speed after each addition until just combined.
4. Transfer the dough to the prepared pan and spread into an even layer. In a small bowl stir together the remaining 1/4 cup of sugar and cinnamon. Sprinkle evenly over the top of dough.
5. Bake until edges are golden and the center is puffed slightly, about 25 minutes.
6. Allow to cool completely in the pan on a cooling rack. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days.

Nutrients Per Serving:

220 Calories | 11g Fat (5g Saturated) | **30g** Carbohydrates | **17g** Added Sugar | 2g Protein | **220mg** Sodium | **1g** Fiber

Spiced Gingerbread Bars

Servings: 20

Source: Adapted from Sally's Baking Addiction by Extension Master Food Volunteer Joan Chollet

These bars are soft and chewy, full of spices, and make the whole house smell wonderful! They are delicious, served as is or add a layer of frosting if desired. These bar cookies are so quick to make and use ingredients typically found in the pantry.

INGREDIENTS

2 ¼ cups all-purpose flour
1 ½ teaspoons baking soda
2 teaspoons ground ginger
1 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/4 teaspoon ground cloves
1/4 teaspoon ground nutmeg
small pinch of ground black pepper
1/4 teaspoon salt
3/4 cup unsalted butter, melted and cooled slightly
1/2 cup packed brown sugar
1/2 cup granulated sugar
1/3 cup unsulphured molasses (not blackstrap)
1 large egg, room temperature
1 teaspoon vanilla extract

DIRECTIONS

1. Preheat the oven to 350°F. Line a 9×13-baking pan with parchment paper leaving some overhang on the long sides.
2. In a large bowl, whisk the flour, baking soda, ginger, cinnamon, allspice, cloves, nutmeg, pepper, and salt.
3. In a medium bowl, whisk the melted butter, brown sugar, granulated sugar, and molasses together until smooth. Whisk in the egg and vanilla. Pour the butter mixture into the flour mixture and mix until all flour is mixed in.
4. Transfer the dough to the prepared baking pan and press it into a smooth, even layer.
5. Bake for 23–26 minutes or until the top is set but still looks soft and a toothpick inserted in the center comes out mostly clean. Do not over bake.
6. Move the pan to a cooling rack and allow the bars to cool. The bars will settle and firm up as they cool. Using the parchment paper transfer the cookies to a cutting board and slice into squares. Store in an airtight container for up to 3 days.

Nutrients Per Serving:

340 Calories | 16g Fat (4g Saturated) | 34g Carbohydrates | 2g Added Sugar | 19g Protein | 600mg Sodium | 5g Fiber