

CreakyKitchen

Cooking tips for the chronic disease community



RECIPE

MOM'S RAISIN BARS

INGREDIENTS

1 Cup Raisins
1 Cup Water
1 Cup Sugar
1 Stick of Butter (or ½ Cup of Shortening)
1.75 Cup of Flour
1 Tsp Baking Soda

1 Tsp of Cinnamon
½ Tsp Nutmeg
¼ Tsp Salt
½ Cup of Chopped Nuts
Dash of Cloves

EQUIPMENT

Cookie Sheet
Medium Pot

DIRECTIONS

- Preheat oven at 350
- Boil raisins for 10 minutes.
- In a pot combine water, raisins, and shortening/butter, bring to a soft boil.
- Add all other ingredients until combined
- Pour onto a baking sheet
- Bake for 20-25 minutes