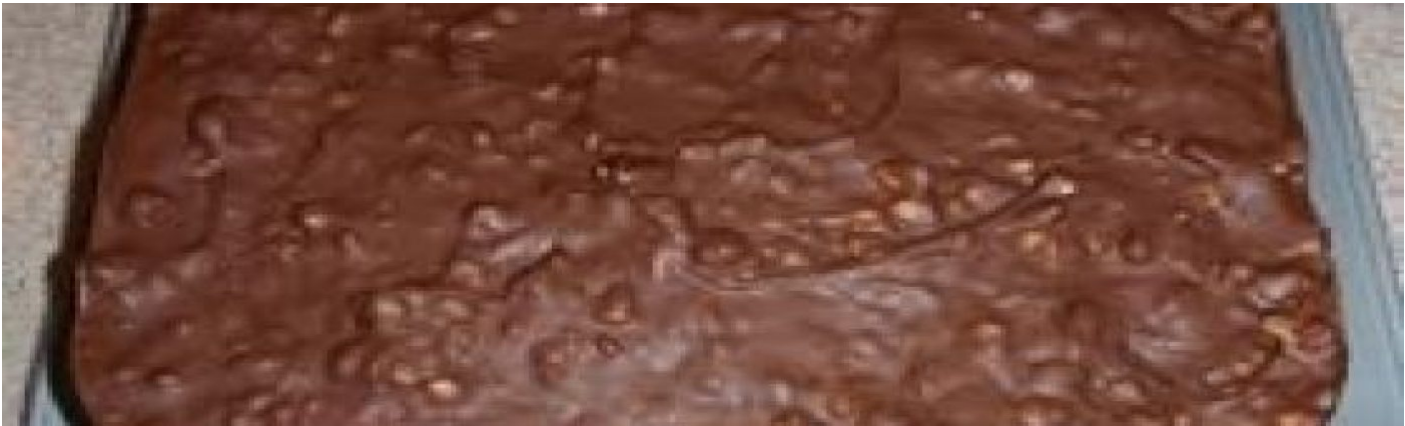


STARTER & SNACK

Baseball Bars

11 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	16	\$0.74	541 kcal



If you have around 45 minutes to spend in the kitchen, Baseball Bars might be an amazing gluten free recipe to try. For 74 cents per serving, you get a hor d'oeuvre that serves 16. One portion of this dish contains about 9g of protein, 28g of fat, and a total of 593 calories. 4 people were impressed...

Ingredients

- ☐ 1 cup packed brown sugar
- ☐ 2 cups butterscotch chips
- ☐ 2/3 cup crunchy peanut butter
- ☐ 4 cups quick cooking oats
- ☐ 1 teaspoon vanilla extract
- ☐ 2/3 cup butter
- ☐ ¼ cup light corn syrup
- ☐ 1 cup chopped, unsalted dry-roasted peanuts
- ☐ 2 cups semisweet chocolate chips

EQUIPMENT Frying pan, Sauce pan, Oven, Double boiler, Baking pan

Method

- 1 Preheat oven to 375 degrees F (190 degrees C). Grease one 9 inch baking pan.
- 2 In a saucepan over medium heat melt the butter, brown sugar and corn syrup together. Stir in 1/4 cup of the peanut butter and the vanilla.
- 3 Mix well and stir in the oats. Press the mixture into the bottom of the prepared pan.
- 4 Bake at 375 degrees F (190 degrees C) for 15 minutes.
- 5 To Make Topping: In the top half of a double boiler melt the chocolate chips and butterscotch chips together. Stir in 2/3 cup of the peanut butter and the chopped nuts. Stir until well blended.
- 6 Spread the topping over the still warm cooked bars.
- 7 Sprinkle with additional chopped nuts, if desired.
- 8 Let bars cool on a rack then refrigerate.
- 9 Cut into bars once chilled.

Nutrition per serving

541	9 g	28 g	66 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			12 g · 75% of daily needs
Fibre			5.4 g · 22% of daily needs
Sugar			44 g · 49% of daily needs
Sodium			246 mg · 11% of daily needs
Cholesterol			23.6 mg · 8% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/baseball-bars-142001