

STARTER & SNACK

Cinnamon Bars

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
41 min	21 min	20 min	16	\$0.21	134 kcal

Cinnamon Bars takes around 41 minutes from beginning to end. Watching your figure? This lacto ovo vegetarian recipe has 177 calories, 2g of protein, and 5g of fat per serving. This recipe serves 16. For 21 cents per serving, this recipe covers 2% of your daily requirements of vitamins and minerals.

Ingredients

☐ 2/3 cup packed brown sugar	☐ 3 tablespoons brown sugar
☐ ¼ cup butter, softened	☐ 1/3 cup cinnamon chips
☐ 2 large egg whites	☐ 1 cup all-purpose flour
☐ 1/3 cup chopped pecans	☐ 3 tablespoons powdered sugar
☐ ¼ teaspoon salt	☐ ½ teaspoon vanilla extract

EQUIPMENT Oven, Knife, Blender, Baking pan, Measuring cup

Method

- 1 Preheat oven to 35
- 2 Beat butter with a mixer at medium speed until light and fluffy.
- 3 Add powdered sugar, 3 tablespoons brown sugar, vanilla, and salt, beating well.
- 4 Lightly spoon flour into a dry measuring cup; level with a knife. Gradually add flour to butter mixture, beating just until moist. Press flour mixture into bottom of an 8-inch square baking pan.

- 5 Sprinkle cinnamon chips and pecans over flour mixture.
- 6 Beat egg whites with a mixer at high speed until foamy. Gradually beat in 2/3 cup brown sugar, 1 tablespoon at a time, until stiff peaks form.
- 7 Spread egg white mixture over cinnamon chips and pecans.
- 8 Bake at 350 for 20 to 22 minutes or until lightly browned. Cool slightly; cut into 16 bars.

Nutrition per serving

134	2 g	5 g	21 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.2 g · 14% of daily needs
Fibre			0.7 g · 3% of daily needs
Sugar			12.7 g · 14% of daily needs
Sodium			93.5 mg · 4% of daily needs
Cholesterol			7.6 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cinnamon-bars-147805