



Malted Magic Cookie Bars

READY IN



15 min.

SERVINGS



15

CALORIES



399 kcal

DESSERT

Ingredients

- ☐ 1 cup milo chocolate malt powder such as maltesers, chopped
- ☐ 1.8 cups graham cracker crumbs (from 13 graham cracker sheets)
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup sugar
- ☐ 1 cup coconut sweetened flaked
- ☐ 14 oz condensed milk sweetened canned
- ☐ 8 tablespoons butter unsalted cooled melted (1 stick)
- ☐ 1.5 cups walnut pieces chopped

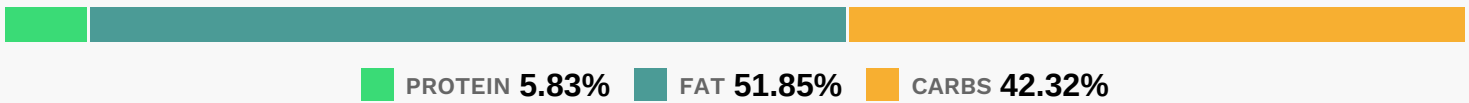
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Line a 9-by-13-inch baking pan with foil, leaving a 2-inch overhang over both long sides. Mist with cooking spray. In a large bowl, mix cracker crumbs, sugar and butter. Press evenly into bottom of baking pan and refrigerate until firm, about 30 minutes.
- ☐ Preheat oven to 350F.
- ☐ Sprinkle nuts, coconut, chocolate chips and malt-ball pieces evenly over crust.
- ☐ Drizzle condensed milk over.
- ☐ Bake until edges are golden, 25 to 30 minutes.
- ☐ Let cool completely in pan on a wire rack. Use foil overhang to remove from pan. Peel off foil, cut into bars and serve.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:16.55, Inflammation Score:-4, Nutrition Score:8.4734781928684%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg

Nutrients (% of daily need)

Calories: 398.94kcal (19.95%), Fat: 23.56g (36.24%), Saturated Fat: 10.5g (65.6%), Carbohydrates: 43.26g (14.42%), Net Carbohydrates: 40.22g (14.63%), Sugar: 32.33g (35.92%), Cholesterol: 25.85mg (8.62%), Sodium: 132.46mg

(5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.4mg (4.47%), Protein: 5.96g (11.91%), Manganese: 0.61mg (30.74%), Copper: 0.38mg (18.88%), Phosphorus: 180.46mg (18.05%), Magnesium: 61.14mg (15.29%), Fiber: 3.04g (12.15%), Calcium: 109.24mg (10.92%), Vitamin B2: 0.18mg (10.45%), Iron: 1.83mg (10.18%), Selenium: 7.08µg (10.11%), Potassium: 308.96mg (8.83%), Zinc: 1.23mg (8.22%), Vitamin B1: 0.11mg (7.04%), Folate: 22.36µg (5.59%), Vitamin A: 275.33IU (5.51%), Vitamin B6: 0.11mg (5.26%), Vitamin B3: 0.87mg (4.34%), Vitamin B5: 0.34mg (3.44%), Vitamin B12: 0.19µg (3.1%), Vitamin E: 0.38mg (2.55%), Vitamin K: 2.07µg (1.97%), Vitamin C: 0.96mg (1.17%), Vitamin D: 0.16µg (1.1%)