



## Malted Milk Bars

READY IN



45 min.

SERVINGS



15

CALORIES



336 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 3 tablespoons butter softened
- ☐ 1 cup confectioners' sugar
- ☐ 4 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups malted milk ball candies chopped
- ☐ 0.8 cup liquid malt extract
- ☐ 3 tablespoons milk
- ☐ 0.5 teaspoon salt

- ☐ 4 ounce bittersweet chocolate chopped
- ☐ 2 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups sugar white

## Equipment

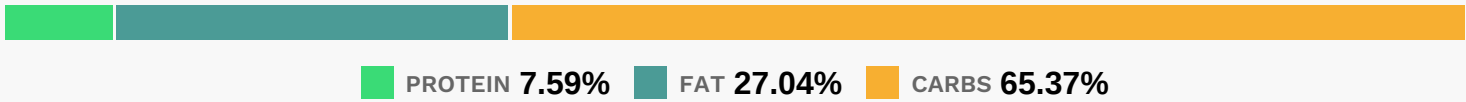
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a 9x13 inch baking pan with foil and grease the foil.
- ☐ In a medium saucepan, over low heat, combine 3/4 cup butter with semisweet and unsweetened chocolate. Cook, stirring frequently, until everything is melted and smooth.
- ☐ Remove from heat and stir in the sugar and 1 tablespoon vanilla. Beat in the eggs one at a time, mixing well after each.
- ☐ Combine the flour, baking soda and salt; stir into the chocolate mixture.
- ☐ Spread the batter evenly into the prepared pan.
- ☐ Bake in the preheated oven for 25 to 30 minutes, until a toothpick inserted into the center comes out clean. Cool in pan on top of a wire rack.
- ☐ To make the topping: In a medium bowl, mix malted milk powder, milk and 1 teaspoon vanilla until smooth. Beat in the butter and confectioners' sugar until well blended.
- ☐ Spread over cooled bars.
- ☐ Sprinkle crushed malt balls over the top.

Cut into bars and serve.

# Nutrition Facts



## Properties

Glycemic Index:21.67, Glycemic Load:20.95, Inflammation Score:-4, Nutrition Score:8.3947825094928%

## Flavonoids

Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg, Epicatechin: 5.36mg

## Nutrients (% of daily need)

Calories: 336.07kcal (16.8%), Fat: 10.33g (15.89%), Saturated Fat: 5.66g (35.39%), Carbohydrates: 56.18g (18.73%), Net Carbohydrates: 54.59g (19.85%), Sugar: 39.78g (44.2%), Cholesterol: 54.98mg (18.33%), Sodium: 205.69mg (8.94%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Caffeine: 9.53mg (3.18%), Protein: 6.52g (13.04%), Manganese: 0.39mg (19.64%), Vitamin B2: 0.31mg (18%), Selenium: 12.11µg (17.3%), Phosphorus: 145.27mg (14.53%), Copper: 0.28mg (14.14%), Vitamin B1: 0.21mg (13.82%), Magnesium: 47.75mg (11.94%), Iron: 2.08mg (11.57%), Folate: 38.16µg (9.54%), Vitamin B3: 1.85mg (9.25%), Calcium: 85.38mg (8.54%), Potassium: 252.1mg (7.2%), Zinc: 1.01mg (6.71%), Fiber: 1.59g (6.36%), Vitamin B6: 0.11mg (5.39%), Vitamin B12: 0.29µg (4.82%), Vitamin B5: 0.4mg (3.95%), Vitamin A: 183.97IU (3.68%), Vitamin E: 0.32mg (2.16%), Vitamin K: 2.2µg (2.1%), Vitamin D: 0.27µg (1.78%)