



The Treats Truck's Super-Duper Layer Bars

READY IN



35 min.

SERVINGS



9

CALORIES



669 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter melted (1 stick)
- ☐ 1 cup chocolate chips dried white such as toffee chips, cherries, or chopped apricots (use 2)
- ☐ 1.5 cups graham cracker crumbs
- ☐ 1 cup milk chocolate chips
- ☐ 1 cup nuts chopped (any kind you please!)
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1.5 cups coconut shredded sweetened

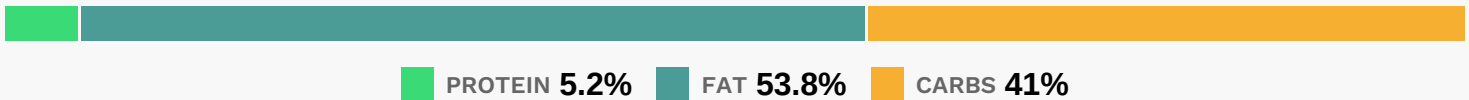
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat the oven to 350°F and grease a 9 by 9-inch pan (double the recipe and use a 9 by 13-inch pan if you want a big batch).
- ☐ Melt the butter in a saucepan over low heat or the microwave.
- ☐ Mix the melted butter with the graham cracker crumbs and press the crust mixture down to cover the bottom of the pan (or you can melt the butter in the pan itself and press the crumbs into place on top of the melted butter).
- ☐ Layer each of your chosen ingredients, except one of your choosing, on top of the graham cracker crust.
- ☐ Pour the condensed milk on top of the ingredients (it doesn't need to be a solid layer), then sprinkle the top with your last ingredient.
- ☐ Bake for 25 minutes.
- ☐ Let cool before cutting.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:31.22, Inflammation Score:-4, Nutrition Score:10.773043593635%

Nutrients (% of daily need)

Calories: 669.33kcal (33.47%), Fat: 41.15g (63.31%), Saturated Fat: 22.4g (139.99%), Carbohydrates: 70.57g (23.52%), Net Carbohydrates: 67.94g (24.71%), Sugar: 56.92g (63.25%), Cholesterol: 46.31mg (15.44%), Sodium: 288.58mg (12.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.9%), Manganese: 0.69mg (34.27%), Phosphorus: 263.73mg (26.37%), Calcium: 206.86mg (20.69%), Vitamin B2: 0.31mg (18.4%), Magnesium: 65.88mg (16.47%), Selenium: 10.06µg (14.37%), Copper: 0.27mg (13.72%), Potassium: 451.83mg (12.91%), Zinc: 1.73mg (11.51%), Fiber: 2.63g (10.52%), Iron: 1.59mg (8.85%), Vitamin A: 441.3IU (8.83%), Vitamin B1: 0.12mg (8.1%), Vitamin B3: 1.6mg (8%), Vitamin B5: 0.77mg (7.67%), Vitamin B6: 0.14mg (6.8%), Folate: 22.27µg (5.57%), Vitamin

B12: 0.33µg (5.46%), Vitamin E: 0.61mg (4.09%), Vitamin K: 3.01µg (2.87%), Vitamin C: 1.42mg (1.72%)