

# Peanut Butter Bars

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Trans fat-free margarine	4 oz	1/2 cup	8 oz	1 cup	<ol style="list-style-type: none"> <li>1. Cream margarine, brown sugar, peanut butter, and salt in mixer with a paddle attachment for 10 minutes on medium speed.</li> </ol>
Brown sugar, packed	1 lb 2 oz	3 cups	2 lb 4 oz	1 qt 2 cups	
Peanut butter	13 oz	1 1/3 cups	1 lb 10 oz	2 2/3 cups	<ol style="list-style-type: none"> <li>2. Add egg whites, applesauce, and vanilla. Mix on low speed for 1 minute or until smooth.</li> </ol>
Salt		1 tsp		2 tsp	
Frozen egg whites, thawed	9 oz	1 cup	1 lb 2 oz	2 cups	<ol style="list-style-type: none"> <li>3. In a separate bowl, combine flour and baking powder.</li> </ol>
Fresh, large egg whites		5 each		10 each	
Unsweetened applesauce	4 oz	1/2 cup	8 oz	1 cup	
Vanilla		1 Tbsp		2 Tbsp	
Whole wheat/enriched blend flour	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	

4. Add half of the dry mixture to batter and mix for 1 minute on low speed. Scrape down the sides of bowl. Add the other half of the dry mixture and mix for 1 minute on low speed, or until smooth.
5. For 50 servings, spread 4 lb 2 oz (approximately 1 qt 2 cups) of batter into each half-sheet pan (13" x 18" x 1") which has been lightly coated with nonstick cooking spray. For 100 servings, spread 8 lbs 4 oz (3 qt) into a sheet pan (18" x 26" x 1").
6. Bake until set and light brown: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes
7. For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan). For 100 servings, cut sheet pan 10 x 10 (100 pieces per pan).
8. Frost with Peanut Butter Glaze (C-27).

#### Notes

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Serving	Yield	Volume
1 bar provides 1/2 oz equivalent grains.	<b>50 Servings:</b> about 4 lb 2 oz (dough) about 3 lb 13 oz  <b>100 Servings:</b> about 8 lb 4 oz (dough) about 7 lb 10 oz	<b>50 Servings:</b> about 1 quart 2 cups (dough) 1 half-sheet pan  <b>100 Servings:</b> about 3 quarts (dough) 1 sheet pan