

CHOCOLATE MALT BARS

A square malt? Put away your straw and try these bars for a scrumptious snack—

- 1/3 cup margarine or butter, softened
- 1/2 cup sugar
- 1 egg
- 1/2 cup instant malted milk powder
- 1/4 cup milk
- 1 tsp. vanilla
- 1 1/4 cups all-purpose flour
- 1 tsp. baking powder
- 1 cup malted milk balls, coarsely chopped
- 1 recipe Quick Fudge Frosting (optional)
- 1/3 cup malted milk balls, coarsely chopped (optional)

In a large mixer bowl beat margarine or butter and sugar with an electric mixer on medium speed till light and fluffy. Add egg, malted milk powder, milk, and vanilla. Beat for 2 to 3 minutes more or till thoroughly combined.

In a small bowl stir together flour and baking powder. With mixer on low speed, gradually add flour mixture to the sugar mixture, beating for 2 to 3 minutes or till thoroughly combined. Fold in the 1 cup milk balls. Spread the mixture into a greased 9x9x2-inch baking pan. Bake in a 350° oven for 25 to 30 minutes or till a toothpick inserted near the center comes out clean. Cool bars on a wire rack. Frost cooled bars with Quick Fudge Frosting and sprinkle with the 1/3 cup milk balls. Makes 16 bars.

Quick Fudge Frosting: In a mixer bowl combine 2 1/2 cups sifted powdered sugar and 1/4 cup unsweetened cocoa powder. Add 1/4 cup margarine or butter, 3 tablespoons boiling water, and 1/2 teaspoon vanilla. Beat with an electric mixer on low speed till combined. Beat 1 minute on medium speed. Cool 20 to 30 minutes or till spreadable.

Nutrition information per frosted bar: 162 cal., 2 g pro., 24 g carbo., 6 g fat, 15 mg chol., 107 mg sodium, 56 mg potassium, and 0 g dietary fiber.

Photographs: Scott Little