

YIELD: 12

# Maple Syrup Bars

If you like butter tarts, then you will LOVE this dessert! Maple + butter tarts are combined to make these incredible, sweet and delicious squares. Oh Canada!



PREP TIME	COOK TIME	TOTAL TIME
15 minutes	45 minutes	1 hour

## Ingredients

### *base*

- 1/2 cup butter, softened
- 1/4 cup brown sugar
- 1 cup flour

### *topping*

- 1 cup maple syrup
- 3/4 cup brown sugar
- 1/2 cup walnuts, chopped
- 1/4 cup butter
- 2 eggs
- 2 tbsp flour
- pinch of salt

## Instructions

### *base*

Preheat oven to 350°F. Combine butter, brown sugar and flour and stir until the mixture is crumbly. Press mixture into an 8 inch baking pan. Bake for 10 minutes. Remove and set aside.

### *topping*

In a saucepan, combine the maple syrup, brown sugar and walnuts and bring to a boil. Reduce heat and cook over medium-low heat for 5 minutes. Remove from heat and add butter and stir until melted.

In a bowl, beat the eggs with the flour and salt. Add egg mixture to maple syrup mixture and stir to combine. Pour over the base and bake for another 25 to 30 minutes, or until set. Cool completely before cutting.

*nutrition information: YIELD: 12 SERVING SIZE: 1*

**Amount Per Serving:** CALORIES: 317 TOTAL FAT: 16g SATURATED FAT: 8g TRANS FAT: 0g  
UNSATURATED FAT: 7g CHOLESTEROL: 62mg SODIUM: 122mg CARBOHYDRATES: 43g FIBER: 1g  
SUGAR: 31g PROTEIN: 3g



## Did you make this recipe?

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