

## NANAIMO BARS

Line a 9-inch square baking pan with plastic wrap.

Melt  $\frac{1}{4}$  c butter in saucepan over medium heat.

Add:  $\frac{1}{4}$  c sugar,  $\frac{1}{3}$  c unsweetened cocoa and 1 egg.....cook 1 minute

Stir in 1 c low-fat graham cracker crumbs,  $\frac{3}{4}$  c rolled cuts,  $\frac{1}{2}$  c unsweetened shredded coconut,  $\frac{1}{4}$  c chopped walnuts and 1 t vanilla

Pat the mixture into the bottom of the pan. Freeze until firm, 30 minutes.

In a mixing bowl, beat 4 t. butter and 1T fat free milk. Beat in 2 c. sifted confectioner's sugar and  $\frac{1}{2}$ t vanilla. Spread over the crust and chill for 15 minutes.

Microwave 2 oz bittersweet chocolate and 2 t butter 10 seconds; stir. Spread over filling; chill 2 hours. Cut into 20 bars.

