

Hudson Bay Bread Recipe

Required:	
Ingredients:	3/4 lb. softened butter 2 cups sugar 1/3 cup light Karo syrup 1/3 cup honey 1 tsp maple flavoring 3/4 cup ground nuts (walnuts) 9 cups Quaker 1-minute oats
Notes:	This is the recipe from Northern Tier but you can modify the ingredients to include raisins, brown sugar, molasses, vanilla, or what sounds good. You may want to grind up the oats in a blender or food processor.
Instructions:	<p>Cream together all the ingredients except the nuts and oats, in a large mixing bowl. Once it is all blended, stir in the oats and nuts. Make sure it is well mixed.</p> <p>Spread the mixture onto a cookie sheet with at least a 1/2 inch high lip. Press the mixture down and pack it in until it fills the pan and is a smidge less than 1/2 inch thick. You'll probably need a second sheet.</p> <p>Bake at 325 degrees for 15 minutes. Remove and press down with a spatula to prevent crumbling when it cools. (If you bake it too long, it gets hard and crunchy like a granola bar.) While it is still warm, cut into 3 inch squares.</p> <p>This is often eaten for lunch while canoeing. Globbs of peanut butter and/or jelly are loaded on top and then eaten. It is a high-energy food that is great when you are burning lots of calories outside.</p>