

# AUNT HELEN'S FRUIT BARS

## Description

An nice bar that yields a lot if cut into smaller size.

## Ingredients

- 3/4 cup vegetable shortening
- 2 cups Brown sugar - packed
- 2 eggs
- 3 cups flour (all purpose)
- 1 tsp baking powder, baking soda, cinnamon
- 1/4 tsp ground cloves, nutmeg
- 1 cup raisins
- 1/2 cup chopped nuts (walnuts or pecans)
- 1 cup boiling water

## Instructions

In a large bowl cream shortening and sugar. Add eggs and beat well. Whisk together flour, soda, baking powder and spices. Stir flour mixture into shortening mixture. Add nuts and raising and stir in boiling water. Bake in well-greased 9" x 13" pan, 20-25 minutes at 350 degrees.

GLAZE: Glaze with 3/4 cup confectioner's (XXXX) sugar, 1/2 tsp. vanilla and a few tablespoons of hot water blended to make a thin frosting. Pour over bars while still hot and allow to cool 15-20 minutes before cutting.

## Summary

**Yield:** 16

**Source:** Nanna Moran used to make these bars for family gatherings. No one ever told me who Aunt Helen was.

**Prep Time:** 45 minutes

**Category:** Cookies & Bars

**Cuisine:** American