

Ken's Glazed Chocolate Cranberry Blondies



The origin of Ken's chocolate Glazed Cranberry Blondies is unknown. It certainly is pre-diabetes or for some reason never converted to low sugar.

BAR INGREDIENTS:

1/2 cup - Butter (1 stick) *** 1 - Egg

1 cup - Brown Sugar *** 1 tbsp.- Vanilla *** 1 cup - Flour

1/2 cup - Dried Cranberries *** 1/2 cup - Chocolate Chips

BAR DIRECTIONS:

- 1.) Preheat the oven to 350 degrees. Line an 8 x 8 pan with parchment paper or foil.
- 2.) In a large bowl combine the butter, egg, brown sugar, and vanilla and mix until smooth. It's best to use a mixer but you can cream these ingredients by hand. Add in the flour and mix until combined. Fold in the cranberries and chocolate chips. Pour the batter into the prepared pan. Bake for 24-26 minutes. Remove from oven and cool for at least 1 hour.

Glaze INGREDIENTS:

1 tbsp - Butter, melted *** 2 tbsp - Heavy Cream

1/3 cup - Sugar-Free Powdered/Confectioner Sweetener

Glaze DIRECTIONS:

- 1.) While Blondies are baking, in a small saucepan, melt butter over medium-low heat, stir in syrup and brown sugar. Bring to a boil over medium heat; cook and stir 2-3 minutes or until slightly thickened. Remove from heat, cool slightly.
- 2.) Pour glaze over warm blondies. Cool completely in pan on a wire rack.

Cut into bars. [Recipe# bar 01](#)

Page 1

Ken's Lemon Butter Bars



As I learned to manage diabetes, many old recipes were adapted to low sugar. This recipe was adapted in 2020, no dates are available for the origin of Lemon Butter Bars in my recipe holdings.

CRUST INGREDIENTS: 1 cup all-purpose flour

1/2 cup - butter, softened

1/4 cup - SLENDA® No Calorie Sweetener, Granulated

CRUST DIRECTIONS: 1.) Heat oven to 350°F. Combine all crust ingredients in bowl. Beat at low speed, scraping bowl often, until mixture resembles coarse crumbs. Press onto bottom of ungreased 8-inch square baking pan. Bake 15-20 minutes or until the edges are lightly browned.

FILLING INGREDIENTS: 3/4 cup - SLENDA® No Calorie Sweetener, Granulated ** 2 large - eggs ** 2 tbsps. All-Purpose Flour ** 3 tbsps. Lemon Juice ** 1 tsp. freshly grated Lemon Zest ** 1/4 tsp. Baking Powder

FILLING DIRECTIONS: 1.) Combine all filling ingredients in bowl. Beat at low speed, scraping bowl often, until well mixed. Pour filling over hot, partially baked crust. Continue baking 18-20 minutes or until filling is set.

2.) Sprinkle with Splenda powdered sugar topping while still warm and again when cool. Cut into bars.

TOPPING: (POWDERED SUGAR) Make homemade powdered sugar from Splenda. Take 1 cup Splenda and 2 tablespoons cornstarch, using a clean coffee grinder (or a blender) place both ingredients in the cup, put the lid on and pulse into a powder form.