

Hudson Bay Bread Recipe

Ingredients:

3/4 lb. softened butter
2 cups sugar
1/3 cup light Karo syrup
1/3 cup honey
1 tsp maple flavoring (optional)
3/4 cup ground nuts
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.

Instructions:

You may want to grind up the oats in a blender or food processor.

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.

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.

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.

This is often eaten for lunch while canoeing. Globes 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.