



The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

Desserts: Buckwheat Walnut Bars

A sweet and crunchy snack or dessert.

Serves: 35 squares

Ingredients

Crust: 2/3 C. confectioners sugar

Crust: 1 1/2 C. unbleached white flour

Crust: 1/2 C. buckwheat flour

Crust: 1/2 tsp. salt

Crust: 1/2 tsp. cinnamon

Crust: 1 C. butter (2 sticks)

Topping: 1/2 C. Butter (1 stick)

Topping: 1 tsp. Vanilla

Topping: 1/2 tsp. cinnamon

Topping: 1/2 C. buckwheat honey

Topping: 1/2 C. cream or milk

Topping: 1/2 C. brown sugar, packed

Topping: 3 C. walnuts, coarsely chopped

Directions

Crust:

Grease a 9 x 12 baking pan. Preheat oven to 350°.

Mix confectioners sugar, flour, buckwheat flour, salt & cinnamon.

Add butter – cut in with a fork or pastry blender. Mix till fine crumbs form. Pat into the baking pan. Bake for 20 min., then remove from oven.

Topping:

Melt butter. Mix in remaining ingredients. Spread over crust.

Put in the oven and bake for 25 to 30 min. longer. Cool completely