

Gage Monster Bar Mix

This is Gage's most popular bar mix! Our recipe features a classic chocolate chip cookie dough base and hundreds of "monster" candy coated chocolates.



Basic & Whole Grain Recipe

- 1 #10 can Gage Monster Bar Mix
- 1 bag Okie Dokies (in can)
- 1 3/4 lbs Butter or Margarine
- 14 oz Water
- 1 1/2 lb All Purpose or Whole Wheat Flour
- 2 cups Skim Milk (optional for cakier consistency)

1. Thoroughly mix all ingredients but Okie Dokies in a suitable mixing container.

2. Spread evenly into a greased full sheet pan (18x26x2).

3. Top with Okie Dokies before baking in a pre-heated 375°F oven approximately 35 minutes or until done (use toothpick test on center).

4. Allow to cool before removing from pan.

Yield: 117 - 2x2 inch squares

Note: 702 servings per case

Meal Components Met Per Serving:
1/2 Bread

Nutrition Facts

	Monster Bar Mix, As Packaged	As Prepared with Water, Butter, and Flour	As Prepared with Water, Butter, and Whole Wheat Flour
Serving Size	(16g)	2 x 2 inch square (32g)	2 x 2 inch square (32g)
Servings Per Container	117	117	117
Amount Per Serving			
Calories	60	130	130
Calories from Fat	10	60	60
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	1g 2%	6g 9%	7g 11%
Saturated Fat	0.5g 3%	4g 20%	4g 20%
Trans Fat	--g	0g	0g
Cholesterol	10mg 3%	25mg 8%	25mg 8%
Sodium	85mg 4%	125mg 5%	125mg 5%
Total Carbohydrate	13g 4%	17g 6%	17g 6%
Dietary Fiber	0g 0%	0g 0%	1g 4%
Sugars	11g	12g	11g
Protein	1g	1g	2g
Vitamin A0%		4%	4%
Vitamin C0%		0%	0%
Calcium 0%		0%	0%
Iron 0%		2%	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories: 2,000 2,500			
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300 mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			



Ordering Information:
Item Code: G0625
Pack Size: 6 / #10 cans
Servings per Case: 702

Call 800.323.0233 or visit us at www.gagefoods.com to place your order!