

Nanaimo Bars

Canada's Nanaimo Bars are very rich and wonderful chocolate squares—not usually a part of our healthy diet! We usually buy them, so I've never made them from a recipe.

Nanaimo Bars are sold in Thrifty Foods grocery stores and other places on Vancouver Island. We sometimes are tempted and buy a few when we provision.

For anyone who doesn't know what Nanaimo Bars are, here are two links with recipes and information about this traditional Canadian confection:

<http://www.nanaimo.ca/EN/main/visitors/NanaimoBars.html>

<http://www.joyofbaking.com/NanaimoBars.html>