



# Sweet Potato Chocolate Chip Bars

Servings 18 | Prep time 20 mins. | Total time 1 hour 45 mins.

## Equipment:

Oven

Large bowl

Medium bowl

Measuring cups and spoons

13" x 9" pan

Parchment paper or aluminum foil (optional)

## Utensils:

Mixing spoon

Knife

## Ingredients

2 medium sweet potatoes, peeled, cooked, mashed and cooled, about 2 cups

1/4 cup sugar

1/4 cup unsweetened applesauce

1/4 cup low-fat or fat-free plain yogurt

1 large egg, beaten

3/4 cup all-purpose flour

3/4 cup whole wheat flour

1 1/4 cups instant oatmeal

1 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg (optional)

1 cup semisweet chocolate chips  
Non-stick cooking spray

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 350 degrees and spray 13" x 9" x 2" baking pan with non-stick cooking spray OR lightly spray baking pan with non-stock spray, line pan with foil or parchment paper and spray top of foil or paper with non-stick cooking spray.
3. In a large mixing bowl, combine mashed sweet potato and sugar and stir until smooth.
4. Add applesauce, yogurt, and egg, mix thoroughly.
5. In a medium-size bowl, combine flours, oats, baking soda, and spices.
6. Add dry ingredients to sweet potato mixture and stir just enough to combine.
7. Add chocolate chips and stir to mix.
8. Pour batter into pan and spread evenly.
9. Bake for 25-30 minutes or until lightly brown.
10. Remove from oven and let cool in pan for 1 hour. Cut into 18 bars.

### Nutritional Information:

Calories 130   Total Fat 23g   Sodium 105mg   Total Carbs 23g   Protein 3g