



Sweet Potato Chocolate Chip Bars

Servings 18 | Prep time 20 mins. | Total time 1 hour and 5 mins.

Equipment: Large bowl, Medium bowl,
Measuring cups and spoons, 13" x 9" pan,
Parchment paper or aluminum foil (optional)

Utensils: Mixing spoon, Knife

Ingredients

Non-stick spray
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 non-fat 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

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.

Tips

- If you don't have whole wheat flour, you can use all-purpose flour.
- You can line your 13 x 9 x 2 pan with parchment paper to easily remove the bars from the pan before slicing.
- Cook sweet potatoes:
 - Oven: Cut 1/4" slit in the top of each potato and place in a baking dish, cover with foil, and bake at 450 degrees for one hour
 - Microwave: Pierce potatoes with a fork, wrap with a damp paper towel, place on a microwave-safe plate, microwave on high for 6 minutes
- Make sure to let the sweet potatoes cool before using them in this recipe or they will melt the chocolate chips.

Sourced from University of Maryland
Extension

Nutritional Information:

Calories 130
Total Fat 4g
Sodium 105mg
Total Carbs 23g
Protein 3g