



Sweet Potato Chocolate Chip Bars

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

Equipment:

Large bowl
Medium bowl
9x13-inch baking dish

Utensils:

Mixing spoon
Measuring cups and spoons
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 plain low-fat yogurt
1 large egg, beaten
3/4 cup all-purpose flour
3/4 cup whole wheat flour
1 1/4 cups quick-cooking oatmeal
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg (optional)
1 cup semi-sweet chocolate chips

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 350 degrees. Spray the baking sheet with non-stick spray.
3. In a large mixing bowl, combine mashed sweet potatoes and sugar. 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 baking sheet 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 4g
Sodium 105mg
Total Carbs 23g
Protein 3g