

Sweet Potato Oatmeal Chocolate Chip Bars

Ingredients:

- 2 large sweet potatoes
- ¾ cup sugar
- ¼ cup canola oil
- ¼ cup low-fat plain yogurt
- 1 large egg
- ¾ cup all-purpose flour
- ¾ cup whole wheat flour
- 1 ¼ cups quick-cooking oatmeal (not instant)
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 1 cup of semisweet chocolate chips

Tools:

- Mixing spoon
- Fork
- Spatula
- Potato masher
- Large mixing bowl
- Medium mixing bowl
- Oven mitts
- 13"x 9"x 2" Baking pan
- Nonstick cooking spray
- Microwave-safe plate

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Scrub sweet potatoes under running water. Poke holes in potatoes with a fork. Cook in the microwave for about 15 minutes. Let cool completely.
3. Remove skins of potatoes. Place sweet potato and sugar in large mixing bowl; mash until smooth.
4. Add oil, yogurt, and egg to the sweet potato mixture; mix thoroughly.
5. In another bowl, measure and mix flours, oatmeal, baking soda, and spices; mix well.
6. Add dry ingredient mixture to sweet potato mixture; stir just enough to combine.
7. Add chocolate chips and stir to mix.
8. Spray baking pan with nonstick cooking spray. Pour batter into pan; smooth out batter evenly in pan and place pan on middle rack in oven.
9. Bake at 350 degrees Fahrenheit for 25-30 minutes or until lightly brown. Cool for 8-10 minutes.
10. Cut into bars (4 cuts by 8 cuts) and remove from pan. Cool before serving.

Recipe by USDA Food and Nutrition Service

Provided by Northwest Food Coalition's Farm2Neighbor program

Watch the video: <https://northwestmifoodcoalition.org/videos/sweet-potato-bars/>