

Sweet Potato Oatmeal Bars

Watch the video: northwestmifoodcoalition.org/videos/

Ingredients:

- 2 large sweet potatoes
- 3/4 cup sugar
- 1/4 cup canola oil
- 1/4 cup low-fat plain yogurt
- 1 large egg
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 1/4 cups quick-cooking oatmeal (not instant)
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp. ground nutmeg
- 1 cup semisweet chocolate chips

Directions:

1. Preheat oven to 350 F
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, mix flours, oatmeal, baking soda, and spices; mix well.
6. Add dry ingredients to sweet potato; stir just enough to combine.
7. Stir in chocolate chips.
8. Spray 9x13 baking pan with cooking spray. Pour batter into pan; smooth evenly and place pan on middle rack in oven.
9. Bake for 25-30 minutes or until lightly brown. Cool for 8-10 minutes.
10. Cut into bars and remove from pan. Cool before serving.

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