

Sweet Potato Pie Bar



Yield - 96 bars

CRUST:

Ingredients

3 cups flour
1 ½ cups oats
1 ½ cups packed brown sugar
1 ½ cups butter

How to Prepare

1. Combine flour, oats, brown sugar, and butter until crumbly.
2. Press mixture into two oiled 18" x 12" baking pans.
3. Bake in a 300° F convection oven for 20 minutes until golden.

FILLING:

Ingredients

2 lb 13 oz *mashed sweet potatoes*
6 12-oz cans evaporated skim milk
12 fresh eggs (2 2/3 cups)
4 1/2 cups sugar
2 Tbs ground cinnamon
1 Tbsp ground ginger
1 ½ Tbsp ground cloves
1 Tbsp salt

How to Prepare

1. Beat sweet potatoes, milk, eggs, sugar, cinnamon, ginger, cloves, and salt until smooth.
2. Pour over crust.
3. Bake in a 300° F convection oven for 35 minutes.

TOPPING:

Ingredients

1 ½ cups brown sugar
1 cup chopped walnuts
1/3 cup + 1 Tbsp softened butter

How to Prepare

1. Combine brown sugar, nuts, and butter.
2. Sprinkle over top of filling.
3. Bake an additional 10 to 15 minutes in a 300° F convection oven until a knife inserted near the center comes out clean.
4. Cool. Cut each pan 6 x 8

Nutrition Information for each serving:

Calories = 164
Calories from fat = 48
Total Fat = 5.4g
Saturated Fat = 2.7g

Cholesterol = 37mg
Sodium = 152mg
Total Carbohydrate = 26g
Dietary Fiber = 0g

Sugar = 17g
Protein = 3g
Vitamin A = 168RE
Vitamin C = 1mg

Calcium = 78mg
Iron = .7mg

Recipe provided by an independent source. (Note: This recipe has not been standardized or tested by USDA).

Recipe Category:
Key USDA Commodity:
Food Group:
Fact Sheet Database:
E-mail Comments to:

Desserts
Mashed Sweet Potatoes, Canned or Frozen
Fruits and Vegetables.
FD website: www.fns.usda.gov/facts/schfacts/cats.htm
USDA/Food Distribution Division at: fdd-psb@fns.usda.gov.