

## 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.

**Makes 96 bars.**

----- 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: Desserts.  
Key USDA Commodity: Sweet Potatoes & Mashed Sweet Potatoes, Canned or Frozen  
Food Group: Fruits and Vegetables.  
Fact Sheet Database: ***Facts About USDA Commodities for Schools ...*** For more information visit our web site at <http://www.fns.usda.gov/fdd/MENU/ADMINISTRATION/FACTS/cats.htm>.  
E-mail Comments to: The FDD Program Support Team at: [fdd-pst@fns.usda.gov](mailto:fdd-pst@fns.usda.gov).

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