

# Sweet Potato Bars



## *Nutrition*

**Makes 16 bars**

Per Serving: (2 bars per serving)

Calories: 120

Total Fat: 5 g (1 g saturated, 2 g monounsaturated)

Carbohydrates: 16 g

Protein: 3 g

Fiber: 2 g

Sodium: 26 mg

Original recipe courtesy of *The Longevity Kitchen*, by Rebecca Katz, MS (modified)

This sweet potato-based treat has a nutty, gluten-free crust and a filling based on these nutritionally outstanding and tasty tuberous roots.

## Ingredients

### *Crust:*

3/4 cup rolled oats  
1/4 cup teff flour  
1/4 cup shelled lightly salted pistachios  
1/4 cup pecans  
1/2 teaspoon ground cinnamon  
1/2 teaspoon grated orange zest  
2 tablespoons maple syrup  
2 tablespoons extra-virgin olive oil

### *Filling:*

1 pound orange-fleshed sweet potatoes, such as garnet yams, baked until tender  
2 organic eggs, beaten  
1/3 cup organic plain yogurt  
3 tablespoons maple syrup  
1/2 teaspoon grated orange zest  
1/2 teaspoon ground cardamom or allspice  
1/2 teaspoon ground ginger  
Ground nutmeg, for dusting

## Instructions

1. To make the crust, preheat the oven to 375°F.
2. Line an 8-inch square baking pan with parchment paper.
3. Put the oats, teff flour, pistachios, pecans, cinnamon, orange zest, and salt in a food processor and pulse until the texture resembles coarse cornmeal.
4. Add the maple syrup and olive oil and pulse until the ingredients are evenly combined but the mixture is still crumbly looking.
5. Transfer the mixture to the prepared pan and press it evenly and firmly into the bottom of the pan. No need to clean out the food processor.
6. Bake for about 15 minutes, until set.

Keep the oven on. Meanwhile, make the filling:

1. Scoop the sweet <sup>[...]</sup><sub>USEP</sub> potato flesh into a bowl and mash it.
2. Put 1 1/2 cups of the mashed sweet potatoes in the food processor (reserve any leftovers for another use). Add the eggs, yogurt, maple syrup, orange zest, allspice or cardamom, and ginger and process until smooth.
3. To assemble and bake the bars, pour the filling over the crust and smooth the top with a spatula. Sprinkle with nutmeg.

4. Bake for about 25 minutes, until the filling is set and just beginning to pull from the sides of pan.
5. Let cool completely on a wire rack, then cover and refrigerate for at least two hours before cutting into 16 squares.

Cook's Notes: You can bake the sweet potatoes in advance and store them in the refrigerator for up to 3 days.

Prep Time: 15 minute

Cook Time: 40 minutes, plus two hours for chilling

Storage: Store in an airtight container in the refrigerator for up to <sup>[1]</sup><sub>SEP</sub>four days or tightly wrapped in the freezer for up to two months.