

HARVEST BARS

Yield: 16-20 Servings

INGREDIENTS

- * 4 1/2 ounces sweet potatoes, canned, drained (approximately 2/3 cup)
- * 2/3 cup shortening
- * 1 cup plus 2 tablespoons brown sugar
- * 3/4 teaspoon vanilla extract
- * 3 eggs
- * 1 1/3 cup flour
- * 1/2 teaspoon salt
- * 3/4 teaspoon baking soda
- * 1/2 teaspoon ground cinnamon
- * 1/2 teaspoon ground allspice
- * 1/2 teaspoon ground ginger
- * 1/3 teaspoon ground nutmeg

DIRECTIONS

- * Preheat oven to 350 degrees.
- * Cream shortening and brown sugar.
- * Add drained sweet potatoes and beat until well blended.
- * Add vanilla and eggs and continue beating until mixed.
- * In separate bowl, combine flour, salt, baking soda, cinnamon, allspice, ginger, and nutmeg and stir until well mixed.
- * Slowly add flour mixture to sweet potato mixture until blended.
- * Place batter in a greased 9" x 13" pan.
- * Bake 30-45 minutes or until toothpick comes out of center cleanly.
- * Let cool, then spread with white frosting.

WHITE FROSTING FOR HARVEST BARS

INGREDIENTS

- * 1/3 cup shortening, all purpose
- * 1/2 cup margarine or butter
- * 1/4 teaspoon vanilla extract
- * 1/4 teaspoon almond extract
- * 1/4 cup milk
- * 3 cups powdered sugar

DIRECTIONS

- * Cream shortening, margarine and extracts.
- * Gradually add powdered sugar and milk, alternating until they are gone.
- * Blend until creamy and fluffy.

NUTRITIONAL INFORMATION PER SERVING

- * Calories: 227
- * Cholesterol: 28 mg
- * Sodium: 140 mg
- * Fiber: .5 g
- * Protein: 2 g
- * Carbohydrates: 30 g
- * Total Fat: 11 g
- * Trans Fat: 0



Recipe courtesy of
Saint Paul Public Schools Nutrition Services