



## ABRACADABRA BARS

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| 3 CUPS GRANULATED SUGAR                                    | 1 TEASPOON GROUND CINNAMON                    |
| 1 ½ CUPS SHORTENING  | ¾ TEASPOON EACH GROUND CLOVES, GINGER, NUTMEG |
| 3 CUPS BRIGHT HARVEST FROZEN MASHED SWEET POTATOES, THAWED | 3 CUPS RAISINS OR CHOPPED DATES               |
| 2 TABLESPOONS VANILLA EXTRACT                              | 1 ½ CUPS GRANOLA                              |
| 6 CUPS ALL PURPOSE FLOUR, UNSIFTED                         | ½ CUP BUTTER OR MARGARINE, MELTED             |
| 1 TABLESPOON BAKING SODA                                   | 3 CUPS CONFECTIONERS' SUGAR                   |
| 1 ½ TEASPOONS SALT   | 2 TO 3 TABLESPOONS MILK                       |

### METHOD:

IN ELECTRIC MIXER BOWL, BEAT TOGETHER SUGAR AND SHORTENING UNTIL LIGHT AND FLUFFY. ADD SWEET POTATOES AND VANILLA AND BEAT WELL TO BLEND. IN LARGE BOWL, COMBINE FLOUR, BAKING SODA, SALT, CINNAMON, CLOVES, GINGER, AND NUTMEG. WITH MIXER AT LOW SPEED, GRADUALLY ADD DRY INGREDIENTS TO SWEET POTATO MIXTURE; BEAT UNTIL WELL BLENDED. STIR IN RAISINS (OR DATES).

SPREAD MIXTURE EVENLY INTO THE 11 X 17-INCH GREASED BAKING PANS. IN BOWL, BLEND MELTED BUTTER AND GRANOLA. SPRINKLE OVER BATTER IN BAKING PANS; PAT GENTLY. BAKE AT 350 DEGREES FOR 15 MINUTES OR UNTIL TOOTHPICK INSERTED NEAR CENTER COMES OUT CLEAN. COOL IN PAN ON WIRE RACK. IN SMALL BOWL, COMBINE CONFECTIONERS SUGAR AND MILK UNTIL SMOOTH. DRIZZLE OVER COOLED BARS. CUT INTO BARS OR DIAMONDS.

### **NUTRIENTS PER SERVING: SERVING SIZE = 2-1/4" X 2-1/4" SQUARE**

<b>CALORIES</b>	<b>108 DCAL</b>	<b>POTASSIUM</b>	<b>58.7 MG</b>
<b>PROTEIN</b>	<b>1GM</b>	<b>VITAMIN A</b>	<b>1490 IU</b>
<b>FAT</b>	<b>3.6 CM</b>	<b>THIAMINE</b>	<b>.05 MG</b>
<b>CARBOHYDRATES</b>	<b>18.3 GM</b>	<b>RIBOFLAVIN</b>	<b>.05 MG</b>
<b>CALCIUM</b>	<b>6.2 MG</b>	<b>NIACIN</b>	<b>.6 MG</b>
<b>PHOSPHORUS</b>	<b>19.5 MG</b>	<b>VITAMIN C</b>	<b>1.5 MG</b>
<b>IRON</b>	<b>.7 MG</b>	<b>CHOLESTEROL</b>	<b>2.1 MG</b>
<b>SODIUM</b>	<b>81.7 MG</b>		

<b>TOTAL SATURATED FAT</b>	<b>1.1 GM</b>
<b>TOTAL POLYSATURATED FAT</b>	<b>.7 GM</b>
<b>TOTAL MONOUNSATURATED FAT</b>	<b>1.5 GM</b>

