

# Spooktacular Bars

This seasonal treat, which is sure to satisfy, is loaded with healthy ingredients.



**Prep Time: 20 minutes**

**Cook time: 1-1.5 hour total**

## INGREDIENTS

**Yield: 12 servings**

### **Crust:**

- 3/4 cup rolled oats
- Dash of salt
- 1/2 teaspoon cinnamon
- 1/4 cup walnuts, 1/4 cup pecans
- 1/4 cup flour
- 1/2 teaspoon orange zest (from 1/2 orange)
- 2 tablespoons real maple syrup
- 2 tablespoons olive oil

### **Sweet Potato Filling:**

- 2-3 medium baked sweet potatoes, mashed
- 2 large eggs
- 1/3 cup plain Greek yogurt
- 3 tablespoons real maple syrup
- 1/2 teaspoon orange zest
- 1 tablespoon fresh squeezed orange juice
- 1/2 teaspoon ginger, fresh grated if available
- 1 teaspoon cinnamon

## PREPARATION

- Preheat oven to 350°F . Roast sweet potatoes in oven for 45 minutes to 1 hour until soft. Allow sweet potatoes to cool, scoop out flesh and mash with fork.

### **For Crust:**

- Blend all crust ingredients in food processor. Press into greased 8 x 8 pan.
- Bake at 350°F until set and golden brown, about 10-15 minutes.

### **For Filling:**

- Place 1-1/2 cups of mashed sweet potato in food processor.
- Add remaining ingredients, blend until smooth.
- Pour mixture on top of crust.
- Bake at 350°F until set, golden brown and crust pulls away from edges of pan, about 25-30 minutes.
- Chill in refrigerator for at least 2 hours.

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*Recipe adapted from Cancer-Fighting Kitchen by Rebecca Katz*



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