

ABRACADABRA BARS

Yield 100

Portion 2 Bars

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
218 cal	42 g	3 g	4 g	0 mg	205 mg	13 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING SODA
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 CLOVES,GROUND
 GINGER,GROUND
 SWEET POTATOES,CANNED,W/SYRUP
 SUGAR,GRANULATED
 SHORTENING
 EXTRACT,VANILLA
 RAISINS
 COOKING SPRAY,NONSTICK

Weight

4-1/2 lbs
 1-1/3 oz
 7/8 oz
 1/3 oz
 1/4 oz
 1/4 oz
 1/8 oz
 4-7/8 lbs
 3-1/3 lbs
 12-2/3 oz
 2-1/2 oz
 1-7/8 lbs
 2 oz

Measure

1 gal 1/8 qts
 2-2/3 tbsp
 1 tbsp
 1 tbsp
 3/8 tsp
 3/8 tsp
 3/8 tsp
 2 qts 1-3/4 cup
 1 qts 3-1/2 cup
 1-3/4 cup
 1/4 cup 1-2/3 tbsp
 1 qts 2 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Combine flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger.
- 2 Drain sweet potatoes, mash and set aside. Cream sugar and shortening. Add sweet potatoes and vanilla to the creamed sugar and shortening, beat on medium speed 1 minute; scrape down bowl. Beat with paddle on high speed 1 minute or until light and fluffy. Scrape down bowl.
- 3 Gradually add dry ingredients to sweet potato mixture, while mixing on low speed 1 minutes. Scrape down bowl; mix on medium speed 30 seconds or until just blended.
- 4 Fold in raisins at low speed 30 seconds.
- 5 Spray sheet pans very lightly with non-stick cooking spray. Using a rolling pin, spread 7 pounds 5 ounces mixture evenly in each pan.
- 6 Using a convection oven, bake at 325 F. 16 to 18 minutes until bars are lightly browned on low fan open vent. Cool. Cut into bars 6 by 18.