SWEET POTATO BREAKFAST BARS WITH VANILLA COCONUT BUTTER ICING

PREP TIME

15 mins

COOK TIME

30 mins

TOTAL TIME

45 mins

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Serves: 8 large bars

INGREDIENTS

* BARS:
* 1¼ c. oats
* ¾ t. cinnamon
* ¼ t. allspice
* ½ t. sea salt
* ½ c. mashed or pureed sweet potato
* 1 T. honey or maple syrup
* scant ⅛ t. powdered stevia extract (or another tablespoon of sweetener)
* ½ c. + 2 T. dairy-free milk
* ¼ c. dried apricots
* ¼ c. walnuts (use pumpkin seeds to make them nut-free)
* ICING:
* 1 T. coconut butter
* 1 T. dairy-free milk
* ¼ t. vanilla extract
* stevia to taste, if desired

INSTRUCTIONS

1. Preheat the oven to 375 degrees.
2. Mix the dry ingredients together in a bowl (oats, spices, salt, and stevia, if using).
3. Mix the wet ingredients together in a second bowl (sweet potato, sweetener, and milk).
4. Mix everything together, including the apricots and walnuts (or pumpkin seeds).
5. Allow the batter to soak for about 15 minutes.
6. Oil and then line an 8 x 8 baking dish with parchment paper (be sure to do this or they will stick!).
7. Pour and press the batter evenly into the dish.
8. Bake for 25-30 minutes until golden on top and slightly firm to the touch.
9. Cool and cut as you desire (I make eight large bars or 16 mini ones).
10. Mix the ingredients together for the icing and spread a bit atop each cooled bar.
11. Enjoy!

NOTES

Nutrition facts are based on using honey with the optional stevia, unsweetened almond milk in all cases where milk is needed, and walnuts. Weight Watchers points (new system): 3

NUTRITION INFORMATION

Serving size: ⅛ of recipe Calories: 111 Fat: 4.6 g Saturated fat: 1.5 g Unsaturated fat: 3.1 g Trans fat: 0 g Carbohydrates: 15.2 g Sugar: 3.7 g Sodium: 137 mg Fiber: 2.5 g Protein: 3.2 g Cholesterol: 0 mg