

# Market District Demo Recipes

## Dessert



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Sweet Potato Chocolate Chip Granola Bars

Serves: 12

Modified from: [www.AthleticAvocado.com](http://www.AthleticAvocado.com)

**Items Needed:** measuring spoons, measuring cups, large bowl, small bowl, mixing spoon, spatula, 8x8 baking pan, cooking spray, parchment paper, chef knife

### Ingredients:

- 2 cups old fashioned oats
- 1 cup mashed sweet potato (about 1 large or 2 small, skin removed)
- 1/4 cup almond butter or other nut butter
- 2 Tablespoons ground flaxseeds
- 4 Tablespoons maple syrup
- ½ cup dark chocolate chips/chunks

### Directions:

1. Preheat oven to 350 F and coat an 8x8 baking pan with oil or line with parchment paper.
2. Add oats to large bowl. Combine sweet potato, nut butter, ground flaxseed and maple syrup in a small bowl, mix well and combine with oats in large bowl. Add chocolate chips and mix well.
3. Place mixture in pan and spread evenly. Bake for 15 minutes or until done.
4. Cut down the middle lengthwise, then slice crosswise 5 times to make a total of 12 granola bars. Store in an airtight container until ready to eat.

### Nutrition Information (per 1 bar):

Calories: 150 Fat: 6 g Carbs: 22 g Protein: 4 g Fiber: 3 g Sodium: 22 mg