

# Sweetpotato Spice Squares

Meal Component(s):  
1 oz. WGR Grain

Recipe HACCP Process: #4No HACCP Process/Non-TCSFood

Portion Size: 1 square (3in x 3in)

Servings: 48

INGREDIENTS	WEIGHT	MEASURE	DIRECTIONS
Flour, whole wheat	1 pound		<ol style="list-style-type: none"> <li>1. Preheat convection oven to 300°F.</li> <li>2. Spray full size sheet pan with pan release spray.</li> <li>3. Using a scale, weigh 1 lb. of whole wheat flour, 8 oz. of all-purpose flour, and 4 oz of rolled oats.</li> <li>4. In a mixing bowl, combine whole wheat flour, all-purpose flour, rolled oats, baking powder, baking soda, cinnamon and salt.</li> </ol> <hr/> <ol style="list-style-type: none"> <li>5. In a separate large bowl, combine sweetpotato puree, brown sugar, eggs, orange juice, and oil. Stir until smooth.</li> </ol> <hr/> <ol style="list-style-type: none"> <li>6. Add dry ingredients to sweetpotato mixture and stir just until combined; approximately 20 seconds.</li> <li>7. Pour batter into prepared pan.</li> <li>8. As an option, top batter with 2 cups of fresh (when in season )or frozen blueberries.</li> <li>9. Bake at 300°F for 16 to 18 minutes until lightly browned; fan should be on high. Cooking times vary; knife test should be batter-free when done.</li> <li>10. May be prepared in advance, cooled, and frozen.</li> <li>11. Cut pan 6 x 8 for 48 servings per pan. (3x3in)</li> </ol> <p><i>CCP: No bare hand contact with ready to eat food.</i></p>
Flour, all purpose	8 ounces		
Rolled oats	4 ounces	1 cup	
Baking powder		1 Tablespoon, 2 teaspoons	
Baking soda		1 teaspoon	
Cinnamon		1 Tablespoon	
Salt		1 ½ teaspoons	
Sweetpotato puree, 3 lb. bag		1 bag	
Sugar, brown, light		1 quart	
Eggs, liquid		2 cups	
Orange juice		½ cup	
Oil, vegetable		½ cup	
Blueberries, Fresh or Frozen, optional		2 cups	

## Nutrients Per Serving

Calories 181 Total Fat 3.52g Saturated Fat .93g Protein 3.87g Carbohydrate 34.63g Sodium 197mg



Recipe created and shared by the [North Carolina Farm to School Program](#)