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SWEET POTATO BARS

A Delicious, Grain-Free
Thanksgiving Recipe



Sweet Potato Bars

I love these bars from Rebecca Katz's excellent book, *The Longevity Kitchen*. If you've been with me for a while, you know how I feel about sweet potatoes, which Rebecca calls "nutritionally outstanding," and I must agree. I adjusted the recipe so that the crust is grain free and there's very little coconut sugar (you could substitute xylitol, or use half and half).

MAKES 16 BARS

Crust

- ¾ cup quinoa flakes
- ¼ cup coconut flour (or substitute nut flour, such as almond)
- ¼ cup shelled pistachios
- ¼ cup macadamia nuts
- 1 teaspoon cinnamon
- ½ teaspoon grated orange zest
- ¼ teaspoon sea salt
- 1-2 tablespoons coconut palm sugar or xylitol
- 2 tablespoons extra-virgin olive oil

Filling

- 1 pound sweet potatoes, such as garnet yams, baked until tender with skins on (about 1½ cups are needed for recipe)
- 2 organic eggs, beaten
- ⅓ cup organic plain yogurt
- 2 tablespoons coconut palm sugar or xylitol
- ½ teaspoon grated orange zest
- ½ teaspoon ground cardamom
- ½ teaspoon ground ginger
- Freshly ground nutmeg for dusting



Photo by: Leo Gong

DR SARA'S THANKSGIVING RECIPE

For the crust, preheat the oven to 375°F. Lightly oil an 8-inch square baking pan. Put the quinoa flakes, coconut flour, pistachios, macadamia nuts, cinnamon, orange zest, and salt in a food processor and pulse until the texture resembles coarse cornmeal. Add the coconut palm sugar (or xylitol) and olive oil and pulse until the ingredients are evenly combined but the mixture is still crumbly.

Transfer the mixture to the prepared pan and press it evenly and firmly into the bottom of the pan. Bake for about 15 minutes, until set. Keep the oven on.

Meanwhile, make the filling. Put approximately 1½ cups of the sweet potatoes (I like to eat the skin, but you may prefer to scoop out the flesh and discard the skin) into the food processor. Reserve any leftovers for another use. Add the eggs, yogurt, coconut palm sugar (or xylitol), orange zest, cardamom, and ginger and process until smooth.

To assemble and bake the bars, pour the filling over the crust and smooth the top with a spatula. Sprinkle with nutmeg. Bake for about 25 minutes, until the filling is set and just beginning to pull from the sides of pan. Let cool completely on a wire rack, then cover and refrigerate for at least 2 hours before cutting into 16 squares.

PREP TIME: 15 minutes

COOK TIME: 40 minutes, plus 2 hours for chilling

STORAGE: Store in an airtight container in the refrigerator for up to 4 days or tightly wrapped in the freezer for up to 2 months.

***PER SERVING:** (1 bar per serving) Calories: 120; Total Fat: 5 g (1 g saturated, 2 g monounsaturated); Carbohydrates: 16 g; Protein: 3 g; Fiber: 2 g; Sodium: 55 mg

COOK'S NOTES: You can bake the sweet potatoes in advance and store them in the refrigerator for up to 3 days. If you're sensitive to gluten, you'll love this recipe.

Adapted with permission from Rebecca Katz's *The Longevity Kitchen*. For more information about the amazing Rebecca Katz, visit her website at <http://rebeccakatz.com/>.

*Please note that the nutritional analysis is based on the use of Grade B Maple Syrup. If you use the reduced amount of coconut palm sugar or xylitol in my adaption, the amount of carbohydrates will be lower!

