

## 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.