

Abracadabra Bars

Makes: 120 Servings

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Ingredients	Weight	Measure
Granulated sugar		3 cups
Shortening		1 1/2 cups
Vanilla extract		2 tablespoon:
All-purpose flour, sifted	1 1/2 pounds	6 cups
Baking soda		1 tablespoon
Salt		1 1/2 teaspoons
Ground cinnamon		1 teaspoon
Ground cloves		3/4 teaspoon
Ground ginger		3/4 teaspoon
Ground nutmeg		3/4 teaspoon
Raisins or chopped dates		3 cups
Bran flakes, crushed		1 1/2 cups
Butter or margarine, melted		1/2 cup
Confectioner's sugar		



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	108	
Total Fat	3.6 g	
Protein	1 g	
Carbohydrates	18.3 g	
Dietary Fiber	NA	
Saturated Fat	1.1 g	
Sodium	81.7 mg	

Milk	2 to 3 tablespoon:
Mashed cooked sweet potatoes	3 cups

Directions

1. In electric mixer bowl, beat together sugar and shortening until light and fluffy.
2. Add sweet potatoes and vanilla and beat well to blend.
3. In large bowl, combine flour, baking soda, salt, cinnamon, cloves, ginger, and nutmeg.
4. With mixer at low speed, gradually add dry ingredients to sweetpotato mixture; beat until well blended. Stir in raisins.
5. Spread mixture evenly into three 11 x 17-inch greased baking pans.
6. In bowl, blend melted butter and bran flakes. Sprinkle over batter in baking pans; pat gently.
7. Bake at 350 degrees Fahrenheit for 15 minutes or until toothpick inserted near center comes out clean.
8. Cool in pan on wire rack.
9. In small bowl, combine confectioner's sugar and milk until smooth. Drizzle over cooled bars.
10. Cut into bars or diamonds.