

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**Weight****Measure****Issue**

FLOUR,WHEAT,GENERAL PURPOSE

4-1/2 lbs

1 gal 1/8 qts

BAKING SODA

1-1/3 oz

2-2/3 tbsp

SALT

7/8 oz

1 tbsp

CINNAMON,GROUND

1/3 oz

1 tbsp

NUTMEG,GROUND

1/4 oz

3/8 tsp

CLOVES,GROUND

1/4 oz

3/8 tsp

GINGER,GROUND

1/8 oz

3/8 tsp

SWEET POTATOES,CANNED,W/SYRUP

4-7/8 lbs

2 qts 1-3/4 cup

SUGAR,GRANULATED

3-1/3 lbs

1 qts 3-1/2 cup

SHORTENING

12-2/3 oz

1-3/4 cup

EXTRACT,VANILLA

2-1/2 oz

1/4 cup 1-2/3 tbsp

RAISINS

1-7/8 lbs

1 qts 2 cup

COOKING SPRAY,NONSTICK

2 oz

1/4 cup 1/3 tbsp

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.