



825195 - Sweet Potato Spice Squares

Source: Farm to School

Number of Portions: 48

Size of Portion: each

Components:

Meat/Alt:

Grains: 1 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

Grain

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
050401 FLOUR, WHOLE WHEAT..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED... 050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN..... 018372 LEAVENING AGENTS,BAKING SODA..... 002010 CINNAMON,GROUND..... 002047 SALT,TABLE.....	1 lb 8 ozs 4 ozs 1 Tbsp + 2 tsp 1 tsp 1 Tbsp 1/2 Tbsp	Preheat convection oven to 300 degrees F. Spray full size sheet pan with pan release spray. Using a scale, weigh whole wheat flour, all- purpose flour, and rolled oats. Combine whole wheat flour, all-purpose flour, rolled oats, baking powder, baking soda, cinnamon and salt.
826509 Sweet Potato Puree, F2S, Yamco, LLC..... 019334 SUGARS,BROWN..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 825055 Juice, ECO Orange, 4 oz, SunCup 030100..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.....	1 bag, 3 lb 1 lb + 12 ozs 2 cups 1/2 cup 1/2 cup	In a separate bowl, combine sweet potato puree, brown sugar, eggs, orange juice, and oil. Stir until smooth. Add dry ingredients to sweet potato mixture and stir just until combined; approximately 20 seconds. Pour batter into prepared pan.

009050 BLUEBERRIES,RAW.....	2 cups	Top batter with 2 cups of fresh blueberries. (Note: recipe may be revised to omit blueberries when not in season.) Bake in convection oven at 300 degrees F with fan on high for 16 to 18 minutes until lightly browned; Cooking times may vary. Insert a knife into the baked product to test for doneness - the knife should be batter free when done. Cut baked product 6 x 8 for 48 servings per pan. Serve with tongs or gloved hands. May be prepared in advance, cooled, and frozen for use within 4 weeks. CCP: No bare hand contact with ready to eat food.
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*Nutrients are based upon 1 Portion Size (each)

Calories	181 kcal	Cholesterol	38 mg	Sugars	*19.2* g	Calcium	60.43 mg	18.30%	Calories from Total Fat
Total Fat	3.68 g	Sodium	173 mg	Protein	4.03 g	Iron	1.45 mg	3.71%	Calories from Saturated Fat
Saturated Fat	0.75 g	Carbohydrates	34.11 g	Vitamin A	909.7 IU	Water ¹	*6.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.17 g	Vitamin C	1.5 mg	Ash ¹	*0.66* g	75.31%	Calories from Carbohydrates
								8.89%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.									