

# SWEET POTATO SHORTBREAD BARS

YIELD: 36 SQUARES

## INGREDIENTS

### CRUST

1 cup	(250 mL) all-purpose flour
1/2 cup	(125 mL) unsalted butter, softened
1/3 cup	(75 mL) icing sugar
2 tbsp	(30 mL) cornstarch
1/2 tsp	(2 mL) salt

### TOPPING

1 1/2 cups	(375 mL) cooked mashed American sweet potatoes
1/4 cup	(60 mL) melted unsalted butter
2	large eggs
1 tsp	(5 mL) vanilla extract
1/2 cup	(125 mL) all-purpose flour
1/4 cup	(50 mL) white sugar
1/4 cup	(50 mL) packed brown sugar
2 tsp	(10 mL) ground cinnamon
1 tsp	(5 mL) baking powder
1/2 tsp	(2 mL) ground nutmeg
1/2 tsp	(2 mL) salt
Garnish	icing sugar

## METHOD

1. **CRUST:** Place all ingredients in food processor and pulse until combined. Press mixture firmly into parchment-paper lined 9 x 9-inch (23 cm) baking pan and bake in preheated 350°F/180°C oven for 12 minutes. Remove from oven. Reduce heat to 325°F/165°C.
2. **TOPPING:** Puree sweet potatoes, melted butter, eggs and vanilla together in a blender until smooth. Combine remaining topping ingredients together in a large bowl. Stir in sweet potato mixture until smooth.
3. **ASSEMBLE & BAKE:** Spread filling evenly over crust. Bake until centre is set, about 25 minutes. Cool completely in pan on wire rack.
4. **GARNISH & SERVE:** Refrigerate until cold. Cut into squares. Place icing sugar in small fine-mesh strainer and tap side lightly to dust tops of bars with icing sugar.

Recipe created by Chef Sara Harrel on behalf of the American Sweet Potato Marketing Institute

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