



Spirited Southern Sweet Potato Bars



SERVINGS



COOKING TIME

32 Bars

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Our recipe for Spirited Southern Sweet Potato Bars is just what you need when you're looking to get creative in the kitchen and try something new. Made with chewy oats, mild sweet potatoes, and spicy red pepper, these sweet potato bars are so flavorful.

Ingredients

- 2 Cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1-1/2 Cup(s) all-purpose flour
- 1/4 Teaspoon(s) salt (optional)
- 1/8 to 1/4 teaspoon ground red pepper
- 1/2 Pound(s) (2 sticks) butter or margarine, softened
- 2/3 Cup(s) granulated sugar
- 1 Teaspoon(s) vanilla
- 2 Cup(s) mashed cooked sweet potato or canned pumpkin
- 2 Eggs, lightly beaten
- 3/4 Cup(s) firmly packed brown sugar
- 2 Tablespoon(s) bourbon or 1/2 teaspoon rum extract (optional)
- 1 Cup(s) chopped pecans

Cooking Instructions

1. Heat oven to 375°F.
2. Lightly grease 13 x 9-inch baking pan.
3. In large bowl, combine oats and flour; mix well.
4. Remove 2/3 cup and add salt and red pepper; set aside for filling.
5. To remaining oat-flour mixture, add butter, granulated sugar and vanilla; blend with electric mixer on low to medium speed until crumbly.
6. Reserve 1 cup for topping.

7. Press remaining mixture evenly onto bottom of prepared pan.
8. Bake 15 minutes; remove pan from oven.
9. In separate bowl, combine sweet potato, eggs, brown sugar, bourbon and reserved 2/3 cup oat-flour mixture; mix well.
10. Spread filling over warm crust.
11. Add nuts to reserved topping mixture; mix well.
12. Sprinkle evenly over sweet potato filling.
13. Bake 30 to 35 minutes or until topping is light golden brown.
14. Cool in pan on wire rack; cut into bars.
15. Serve at room temperature.
16. Store in refrigerator tightly covered.