



Sweet Potato Swirl Pie Bars

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 8 servings | Serving Size: 1 bar

Ingredients

- 1 large sweet potato (about 8-12 ounces)
- 3 full graham cracker sheets
- 1 tablespoon butter, melted
- ⅓ cup plus 1 tablespoon brown sugar, divided
- ⅓ cup low-fat (1%) milk
- 2 eggs
- ½ teaspoon pumpkin pie spice
- 2 ounces reduced-fat cream cheese (Neufchatel), softened at room temperature
- 2 tablespoons powdered sugar

Directions

1. Preheat the oven to 350°F.
2. Pierce the sweet potato with a fork several times, then microwave on high (default setting) for 4 minutes. Flip it over and continue cooking until soft, about 2 minutes. Scoop out the inside and set aside. Discard the skin.
3. Place the graham crackers in a bag and crush into crumbs with a wooden spoon, rolling pin, or mallet. Transfer the crumbs to a small mixing bowl.
4. Add the butter and 1 tablespoon of the brown sugar to the graham cracker crumbs. Stir to combine. Press the mixture into a 4x8-inch glass baking dish. Bake for 10 minutes.
5. In a food processor, add the cooked sweet potato, milk, eggs, pumpkin pie spice, and the remaining ⅓ cup brown sugar. Process until smooth. Pour over the cooked crust.
6. In a separate small mixing bowl, beat the cream cheese with the powdered sugar. Drop the mixture onto the sweet potato filling, one teaspoon at a time, then swirl gently.
7. Bake for 40 minutes. Cool completely, then cut and serve.

Recipe Notes

- Crushed ginger cookies can be used in place of the graham crackers (omit the sugar in the crust).

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 5.5 g | Saturated Fat: 2.5 g
Sodium: 135 mg | Total Carbohydrate: 23 g | Dietary Fiber: 1 g | Protein: 4 g**

Adapted from Eating Well | Submitted by Robin LaCroix, RD, CSO
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