

'Uala Oat Breakfast Bars



Serves 14 • Prep time 15 minutes • Bake time 25 minutes

Developed by: Enoch Rodriguez Molina, Hannah Weiner, Kylie Homan • FSHN 381 UH Mānoa

INGREDIENTS

- 1 ½ cup 'Uala
- 1 large Banana
- 1 ½ cups Rolled oats
- ⅛ cup Unsweetened applesauce
- 2 tablespoons White sugar
- 2 teaspoons Cinnamon
- 1 tablespoon Canola oil

DIRECTIONS

1. Preheat oven to 350°F.
2. Steam 'uala for 10 mins.
3. Mix all ingredients in a large bowl.
4. Press firmly into a lined 8x8-inch pan.
5. Bake for 25 minutes.
6. Cool completely and cut into squares.

Watch the recipe video on YouTube!



youtube.com/watch?v=Qj6lOCTmm8k



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RECIPE NOTES

- 'Uala and Okinawan sweet potato are interchangeable.
- Acceptable substitutes for canola oil with similar smoke points include avocado oil, safflower oil, sunflower oil, and grapeseed oil.
- Cinnamon can be substituted based on personal preference and availability.
- Feel free to add toppings such as toasted oats, chocolate drizzle, banana chips, etc.
- Children can help in the mixing and forming step since it doesn't have to be a completely uniform batter
- Make sure to wash your hands before preparing the recipe.
- Promptly freeze the leftovers if they will not be eaten all in one day.

Nutrition Facts

14 servings per container

Serving size 1 piece (40g)

Amount per serving

Calories 85

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 16g 6%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 2g Added Sugars 4%

Protein 2g

Vitamin D mcg 0%

Calcium 20mg 2%

Iron 0.8mg 4%

Potassium 0mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.