

# Yummy Breakfast Bar

Makes 8 servings

## INGREDIENTS

6 Tbsp. water  
6 oz. yogurt, low-fat vanilla  
1/8 tsp. ground cinnamon  
2/3 cups sweet potatoes, canned, drained, mashed  
1 cup Martha White Honey Bran muffin mix

## NOTES

Can be baked the day before, refrigerated and served next day with good results.  
Optional: 1/4 cup dried fruit can be added

## NUTRITIONAL FACTS: PER SERVING

Calories: 184  
Total Fat: 4.54 g  
Saturated Fat: 2.28g  
Cholesterol: 13.74 mg  
Sodium: 224.35 mg

Calcium: 61.80 mg  
Protein: 3.17 g  
Carbohydrates: 31.70 g  
Dietary Fiber: 1.32 g

## INSTRUCTIONS

1. Preheat oven to 350° F.
2. In a large mixing bowl, combine water, yogurt, cinnamon, sweet potatoes, and muffin mix. Do not over mix past a smooth consistency.
3. Spray a loaf pan with nonstick spray.
4. Pour batter into pan and bake at 350° F. for 20-25 minutes. Rotate pans halfway through the cook time.
5. Cut into 8 servings.
6. Refrigerate at 41° F. or less

