

HAWAII POWER BARS

(For an 8" x 8" sheet)

2 cups	Cooked Okinawan sweet potatoes
1 ¼ cups	Macadamia nuts, chopped fine
1 ¼ cups	Coconut, shredded fine
½ cups	Cranberries*, chopped
½ cups	Dates*, chopped
1 tsp.	Fresh ginger, minced
1/8 tsp.	Salt

1. Bake sweet potatoes whole, skin on at 350°F for 45 min. Chill in a refrigerator overnight.
2. Process macadamia nuts and shredded coconut in a food processor till fine.
3. Mix together, then add chopped cranberries, chopped dates, minced ginger and salt, mix well.
4. Mix into cooked potatoes (peeled, cut or torn into small chunks).
5. Lightly oil bottom of a sheet pan.
6. Pat a ½ inch layer on the pan.
7. Cover with plastic wrap or parchment paper.
8. Roll with rolling pin to pack.
9. Cover the whole pan well with plastic wrap.
10. Chill in a refrigerator until firm, then cut into squares.

Notes:

- *Cranberries and dates can be substituted with other dried tropical fruits, but will need to balance the flavor and tartness.
- The salt is added to draw out the moisture after the bars are made to bind them.
- If the bars become crumbly (different crops of sweet potatoes and other fruits may change the moisture content) , may need to adjust the formula by
 - adding a little honey (moisture) for binding or
 - add a bit more sweet potato or
 - balance the amount of sweet potato and dried fruits