



Sweet Potato and Apple Bake

Makes: 6 (¾ cup) servings
 Preparation Time: 15 minutes
 Cooking Time: 20-30 minutes

Ingredients

- 2 (15-ounce) cans sweet potatoes, drained (save 2 tablespoons of the liquid)
- 2 cups apples, peeled, cored and cut into bite size pieces (Granny Smith apples tend to work the best in this recipe)
- 2 tablespoons brown sugar
- ⅓ cup pecans, chopped
- 2 tablespoons flour
- 2 tablespoons butter, melted

Directions

1. Preheat oven to 350 degrees F.
2. Put sweet potatoes in a baking dish.
3. Add apples.
4. Pour 2 tablespoons of the sweet potato liquid over the mixture.
5. Mix brown sugar, pecans, flour, and melted butter together in a small bowl.
6. Sprinkle over the top of the sweet potato/apple mix.
7. Bake for 20-30 minutes, until the top is golden brown and bubbly.

Nutrition Facts	
Serving Size ¾ Cup (245g)	
Servings Per Container 6	
Amount Per Serving	
Calories 300	Calories from Fat 30
<small>% Daily Value*</small>	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbohydrate 54g	18%
Dietary Fiber 6g	24%
Sugars 21g	
Protein 3g	

Be Creative!
 Substitute pears for the apples when pears are in season.

Eat Smart: Focus on Fruit!



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