



EATING SMART  
BEING ACTIVE

## Sweet Potato and Apple Bake

Makes: 6 servings (¾ cup per serving)

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 best in this recipe)

2 tablespoons brown sugar

½ cup chopped pecans

2 tablespoons flour

2 tablespoons melted butter

### **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.

<b>Nutrition Facts</b>	
Serving Size ¾ Cup (245g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 300</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 54g</b>	<b>18%</b>
Dietary Fiber 6g	24%
Sugars 21g	
<b>Protein 3g</b>	



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