



Sweet Potato Apple Bake

Serve with frozen yogurt for a special treat.



INGREDIENTS

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| 1 pound sweet potatoes
(about 1 large sweet potato),
peeled and cut into chunks | 1 tablespoon butter, melted |
| $\frac{2}{3}$ cup unsweetened 100%
apple juice | $\frac{1}{2}$ teaspoon cinnamon |
| 2 apples, peeled and cut into
chunks | $\frac{1}{2}$ teaspoon nutmeg |
| $\frac{1}{2}$ teaspoon vanilla extract | 2 tablespoons brown sugar |
| | nonstick cooking spray |

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 400°F.
2. In a large bowl, mix all ingredients.
3. Spray a 9 x 9-inch glass baking dish with nonstick cooking spray. Pour mixture into baking dish.
4. Bake until sweet potatoes are tender, about 45 minutes. Spoon the liquid in the dish over the sweet potatoes and apples a few times while baking. Serve while warm.

Makes 6 servings. $\frac{1}{2}$ cup per serving.
Prep time: 15 minutes Cook time: 45 minutes

Nutrition information per serving: Calories 121, Carbohydrate 25 g,
Dietary Fiber 3 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 5 mg, Sodium 37 mg