



Make a Change



EFNEP

Expanded Food and Nutrition Education Program

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
- 4 apples, peeled, cored and cut into bite size pieces
- 2 tablespoons brown sugar
- ⅓ 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. Mix brown sugar, pecans, flour, and melted butter together in a small bowl.
5. Sprinkle over the top of the sweet potato/apple mix.
6. Bake for 20-30 minutes, until the top is golden brown and bubbly.

Be Creative!

Substitute pears for the apples when pears are in season.

Eat Smart: Focus on Fruit!

Nutrition Facts

Serving Size ¾ Cup (245g)	
Servings Per Container 6	
Amount Per Serving	
Calories 300	Calories from Fat 80
% Daily Value*	
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	

