

# Sweet Potato Apple Bake

Serve with frozen yogurt for a special treat.

Makes: 6 Servings  
 Prep Time: 15 mins  
 Cook Time: 45 mins

Source: USDA Souful Recipes

## Ingredients

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

## Directions

1. 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.
4. Pour mixture into baking dish.
5. Place on oven rack in the middle of the oven.
6. Bake until sweet potatoes are tender, about 45 minutes.
7. Spoon the liquid in the dish over the sweet potatoes and apples a few times while baking. Serve while warm.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	121
Total Fat:	2 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	37 mg
Total Carbohydrates:	25 g
Dietary Fiber:	3 g
Total Sugars:	12.5 g
Added Sugars:	.67 g
Protein	1 g

## Utensils

- 9-inch square baking dish
- Measuring cups
- Measuring spoons
- peeler
- Sharp knife
- Large bowl

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$4.95

Average cost/serving: \$0.83

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Large sweet potato



Add 2 to Cart  
Apples



Add 1 to Cart  
Unsweetened 100% apple juice 64 fl. oz

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Try adding different varieties of apples to the recipe for a different flavor.
- Cut sweet potato into 1 inch, bite-size chunks to allow for even cooking.
- Make sure to choose 100% apple juice to reduce added sugar.