

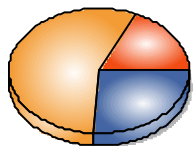


Sweet Potato Dessert

By: Modified by DrJez LLC fro Graham Kerr

Recipe grams: 322.13g/11.4oz

Serves 1 322.13g/11.4oz per serving



Protein: 13%

Carbohydrates: 87%

Fat: 0%

INGREDIENTS

2 tbsp RAISIN, SEEDLESS
1 tsp BROWN SUGAR BLEND, SPLENDA
6 oz YOGURT, VANILLA, NONFAT
1 sweetpotato SWEET POTATO, RAW

DIRECTIONS

Heat oven to 350C

Peel potato, cut into chunks and steam in a microwave until soft, about 4-5 minutes.

Remove and mash. Stir in raisins and yogurt and place in a small oven safe dish. Smooth top and top with brown sugar.

Bake until heated through ~ 10 minutes.

Serves 1

Nutrition Facts

Serving Size: 1 serving (322.1g)

Servings: 1

Amount Per Serving

Calories 270 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol less than 5mg 2%

Sodium 160mg 6%

Total Carbohydrate 60g 20%

Dietary Fiber 5g 20%

Sugars 31g

Protein 9g

Vitamin A 380% • Vitamin C 6%

Calcium 25% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.