

## Maple Sweet Potatoes

### Ingredients:

- 2 large sweet potatoes
- 2 tablespoons yogurt, nonfat
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

### Equipment:

- Mixing bowl
- Spoon
- Measuring spoons
- Potato masher

Number of Servings: 2  
 Prep Time: 10 minutes  
 Total time: 10 minutes

### Directions

1. Wash potatoes and prick potato skins with a fork to keep them from bursting. Microwave on high for 3 to 4 minutes until soft and easily pierced with a knife.
2. Cut each potato in half lengthwise, and scoop out the pulp into a microwave safe bowl.
3. Mash the pulp and stir in the yogurt, maple syrup, and orange juice.
4. Heat for 1 to 2 minutes until hot.

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### Nutrition Facts

Serving Size: 1 cup	
Servings: 2	
Amount Per Serving	
Calories 175	Calories from Fat 9
%Daily Value*	
Total Fat 1g	1%
Saturated Fat trace 1g	2%
Cholesterol 2mg	1%
Sodium 25mg	1%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Protein 3g	5%
Vitamin A 522%	Vitamin C 56%
Iron 5%	Calcium 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

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