

# Eat Smart • Move More

## Mashed Sweet Potatoes with Apples

Prep Time: 5 minutes

Total Time: 45 minutes



### Ingredients

- 3 sweet potatoes, peeled and cubed
- 1 sweet apple, peeled and cubed
- 2 teaspoons unsalted butter
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- ⅛ teaspoon ground cinnamon

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving (97.3g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> <5mg	<b>2%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes g Added Sugars	
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 23mg	0%
Iron 0mg	2%
Potassium 253mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

- Steam the sweet potatoes and apple until the cubes are tender. NOTE: Sweet potatoes and apples can be steamed in a steamer basket, microwave, or pot with ¼ cup of water.
- Place the sweet potatoes, apple, and butter in a mixing bowl. Mash until smooth. Season with salt, pepper, and cinnamon.
- Serve warm. Refrigerate leftovers within 2 hours of preparation.

### Quick Tips

- ▶ Sweet apple varieties include: Gala, Fuji, Golden Delicious, and Ambrosia.
- ▶ Sweet potatoes are available in many different colors including: red, white, purple, yellow, or most commonly in orange.
- ▶ Handwashing is the most effective way to prevent the spread of germs.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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(Recipe adapted from: Faithful Families, North Carolina State University, 2019.)

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