

Raisin Toast Recipes

Apple Sweet Potato Bake! Yum



Sweet potatoes have all three of these antioxidants: vitamins A, C, and E! And they are the star ingredient in this side dish. You can make this recipe without peeling the sweet potatoes or the apples. Peel or don't peel, it's up to you.



Ingredients

- 5 cups thinly sliced sweet potatoes (or yams), about 1 1/2 sweet potatoes
- 2 cups thinly sliced apples, such as pippin or Granny Smith (about 2 small)
- 1/4 cup dark brown sugar, packed
- 2 tablespoons reduced-calorie pancake syrup
- 1/2 teaspoon ground cinnamon
- 1/2 cup apple juice or orange juice
- 1/4 cup walnut pieces or chopped walnuts



Preparation

1. Preheat oven to 375 degrees.
2. In a large bowl, toss the sweet potatoes, apple slices, and brown sugar together. Spoon into a 9×9-inch or similar-sized baking dish.

3. In a small bowl, blend syrup with cinnamon. Stir in the apple juice. Pour evenly over sweet potato mixture. Sprinkle walnuts over the top.

4. Cover baking dish with lid or foil and bake for 30 minutes. Remove foil and bake about 15 minutes longer (or until apple and sweet potatoes are cooked throughout).

Makes about 6 servings.

Nutritional Information:

Per serving: 128 calories, 2 g protein, 24 g carbohydrate, 3 g fat (0.2 g saturated fat, 0.7 g monounsaturated fat, 2 g polyunsaturated fat), 0 mg cholesterol, 2.2 g fiber, 24 mg sodium. Calories from fat: 21%.

<https://raisin-toast.com>