Makes 6 servings. *½ cup per serving.*
Prep time: 15 minutes **Cook time:** 45 minutes

Nutrition information per serving: Calories 121, Carbohydrate 25 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 37 mg

Sweet Potato Apple Bake

Serve with frozen yogurt for a special treat.

INGREDIENTS

- 1 pound sweet potatoes (about 1 large sweet potato), peeled and cut into chunks
- ⅔ cup unsweetened 100% apple juice
- 2 apples, peeled and cut into chunks
- ½ teaspoon vanilla extract
- 1 tablespoon butter, melted
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 2 tablespoons brown sugar
- nonstick cooking spray

PREPARATION

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

Adapted from recipe courtesy of Glory Foods.