

# Sweet Potato Crunch

**Prep time:** 15 minutes

**Cook time:** 30 minutes

**Makes:** 6 Servings

## Ingredients

**2 cups** Sweet Potatoes, canned, light syrup, drained

**1/8 teaspoon** table salt

**3/4 teaspoon** Cinnamon, ground

**3/4 teaspoon** vanilla extract

**3/4 cup** Apples, canned in water, sliced or diced

**3 tablespoons** light brown sugar

**1/2 cup** skim milk

**1/2 teaspoon** Cinnamon, ground

**1 tablespoon** margarine or butter

**1 tablespoon** cornstarch

**1/4 cup** granola



## Directions

1. Preheat oven to 350 degrees F.
2. Drain and discard all but 2 Tbsp liquid from the potatoes. Add the salt and vanilla extract to the sweet potatoes along with the reserved liquid. Use a mixer to whip the potatoes for 5 minutes at medium speed. Pour into a square baking dish that has been sprayed with a non stick spray.
3. Drain and discard the liquids from the apples. If sliced apples are used, dice into 1/2" pieces.
4. Combine milk and cornstarch and stir until the cornstarch is well blended. Melt the margarine and add the brown sugar and remaining cinnamon. Cook on medium heat, stirring frequently for 5 minutes or until mixture thickens. Stir in the diced apples. Pour mixture over the sweet potatoes.

5. Top with the granola and bake for 30-35 minutes at 350 degrees or until an internal temperature of 165 degrees or above is reached.
6. Serve 2 oz squares.