

Maple Sweet Potatoes

Makes: 2 servings

Ingredients

- 2** sweet potatoes (large)
- 2 tablespoons** yogurt, non-fat
- 1 tablespoon** maple syrup
- 1/16 cup** orange juice (1 Tablespoon)

Directions

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minute until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

University of Connecticut, Family Nutrition Program, Senior Nutritionist

Nutrition Information

<u>Key Nutrients</u>	<u>Amount</u>	<u>% Daily Value*</u>
Total Calories	150	
Total Fat	0 g	0%
Protein	3 g	
Carbohydrates	35 g	12%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	80 mg	3%