

Sweet Potato Custard

Makes: 6 servings

Ingredients

- 1 cup** sweet potato (cooked, mashed)
- 1/2 cup** banana (mashed)
- 1 cup** evaporated milk (fat-free)
- 2 tablespoons** brown sugar (packed)
- 2** egg yolk (beaten, or 1/3 cup egg substitute)
- 1/2 teaspoon** salt
- cooking spray (as needed, non-stick)
- 1/4 cup** raisins
- 1 tablespoon** sugar
- 1 teaspoon** cinnamon (ground)

Directions

1. In a medium bowl, stir together sweet potato and banana.
2. Add milk, blending well.
3. Add brown sugar, egg yolks, and salt, mixing thoroughly.
4. Spray a 1-quart casserole with non-stick cooking spray. Transfer sweet potato mixture to casserole dish.
5. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture.
6. Bake in pre-heated 325° oven for 40-45 minutes or until a knife inserted near center comes clean.

US Department of Health and Human Services, A Healthier You

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	2 g	3%
Protein	5 g	
Carbohydrates	35 g	12%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	260 mg	11%