

Sweet potato and apple bake



Recipe credit

[Colorado State University and University of California at Davis. Eating Smart Being Active Recipes](#)

About this recipe

Serves

6

Serving size

3/4 cup, 1/6 of the recipe

Special criteria

[Vegetarian recipes](#)

Ingredients

- 3 1/2 cups sweet potatoes, drained (2 - 15 ounce cans; save 2 Tablespoons of the liquid)
- 2 cups apples (peeled, cored and cut into bite-sized pieces)
- 6 teaspoons brown sugar (2 Tablespoons, packed)
- 1/3 cup chopped nuts (pecans, walnuts or any other type)
- 2 tablespoons flour
- 2 tablespoons butter, melted (unsalted)

Directions

1. Preheat oven to 350°F.
2. Put sweet potatoes in baking dish.
3. Add apples.
4. Pour 2 tablespoons of the sweet potato liquid over the mixture.
5. Mix brown sugar, nuts, flour, and melted butter together in a small bowl.
6. Sprinkle over the top of the sweet potato/apple mix.
7. Bake for 20-30 minutes, until the top is golden brown and bubbly.

Tips and variations

Granny Smith apples tend to work best in this recipe.

Nutritional info

Calories

231

Total fat

9 g

Saturated fat

3 g

Cholesterol

10 mg
Sodium
64 mg
Total carbohydrates
38 g
Dietary fiber
4 g
Protein
3 g
Total sugar
15 g

View other recipe categories

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)