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## *Sweet Potatoes*

Although they have no more calories than a regular potato; sweet potatoes are richer in vitamins and antioxidants, plus they won't send your blood sugar through the roof.

Serves 4

- 4 sweet potatoes or 4 yams. cooked and peeled
- 1 1/2 cups sugar-free apple sauce
- 1 tablespoon sugar-free maple syrup
- teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- Chopped pecans or walnuts, optional

### **Directions:**

- Boil or microwave the sweet potatoes until tender. Peel and mash them With a masher or large fork until they are smooth. Stir in the applesauce, maple syrup, cinnamon and nutmeg. Before serving, sprinkle the top with some chopped pecans or walnuts, if desired.

### **Nutritional value per serving**

Calories: .....160

Carbs: .....38 grams

Protein: .....2 grams

Fat: .....1 gram

Fiber: .....5 grams

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