Sweet Potato and Apple Bake
Makes 6 servings

Ingredients:
- 2 15 ounce cans sweet potatoes, drained (save 2 tablespoons of the liquid)
- 2 cups apples, peeled, cored and cut into bite size pieces (Granny Smith apples tend to work the best in this recipe)
- 2 tablespoons brown sugar
- 1/3 cup pecans (or walnuts), chopped
- 2 tablespoons flour
- 2 tablespoons butter, melted

Directions:
1. Preheat oven to 350 degrees F.
2. Put sweet potatoes in a baking dish.
3. Add apples and combine.
4. Pour 2 tablespoons of the sweet potato liquid over the mixture.
5. Mix brown sugar, pecans, 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.

Source: Eating Smart Being Active Colorado State University and University of California Extension