Sweet Potato and Apple Bake

Ingredients:
- 2 (15-ounce) cans sweet potatoes in syrup, drained
- 4 medium apples, peeled, cored and cut into bite-size pieces
- 2 Tablespoons brown sugar
- ½ cup chopped pecans
- 2 Tablespoons white flour
- 2 Tablespoons melted butter

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

Yields about 6 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.