

# BAKED APPLE AND SWEET POTATO

*Individual ramekins of baked apple and sweet potato*

SUPERFOOD

Portion: 1 cup Yields: 6



**CALORIES (kcal): 140**

**PROTEIN (g): 1**

**SUGAR (g): 22**

**TOTAL FAT (g): 1.5**

**SODIUM (mg): 20**

**SAT FAT (g): 1**

**DIETARY FIBER (g): 3**

## INGREDIENTS:

2 each Sweet Potatoes

6 Tbsp Dark Brown Sugar

2 each Red Apples

2 - 1/4 tsp Cinnamon, Ground

2 - 1/4 tsp All Purpose Flour

2 - 1/4 tsp Butter, Unsalted

## METHOD:

Preheat oven to 350F degrees. Peel and slice sweet potatoes and apples and place in bowl. Set aside until ready for use.

Sparingly grease 4 oz ramekins with some of the butter and sprinkle some of the brown sugar in the bottom. Add flour, cinnamon, and brown sugar to the sliced sweet potatoes and apples. Place slices in ramekins. Dot with remaining butter and bake for 45 minutes. Turn out of ramekins and serve with entree.

## CHEF'S NOTES:

Can be made in a casserole dish instead of individual ramekins. Try different apples for this recipe, a tart apple such as granny smith will be nice as well.