March 23- Carver Dip
Smart Snack
Link: [http://www.extension.iastate.edu/foodsavings/recipes/carver-dip](http://www.extension.iastate.edu/foodsavings/recipes/carver-dip)

**Recipe**

**Ingredients:**
- 15 ounce can sweet potatoes
- ½ cup unsweetened applesauce
- ¼ teaspoon cinnamon
- 1 teaspoon sugar

**Directions:**
1. Drain the liquid off the sweet potatoes.
2. Combine all ingredients in a microwave safe bowl.
3. Cook in microwave for 1 ½ minutes or until heated through.
4. Stir until smooth. Serve with fresh fruit or graham crackers.

Yield 8 servings

**Nutrition Facts**

| Amount Per Serving | Calories: 60 | Calories from Fat 0%
|---------------------|--------------|-----------------------
| **Total Fat** | 0g | % Daily Value 0%
| **Saturated Fat** | 0g | 0%
| **Trans Fat** | 0g | 0%
| **Cholesterol** | 0mg | 0%
| **Sodium** | 40mg | 2%
| **Total Carbohydrate** | 15g | 5%
| **Dietary Fiber** | 1g | 4%
| **Sugars** | 5g | 2%
| **Protein** | 1g | 2%

Vitamin A 90% • Vitamin C 4%
Calcium 0% • Iron 4%

1 Percent Daily Values are based on a 2,000 calorie diet.