



March 23- Carver Dip

Smart Snack

Link: <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

Serving Size 1/4 cup (69g)
Servings Per Container 8

Amount Per Serving

Calories 60 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 15g 5%

Dietary Fiber 1g 4%

Sugars 5g

Protein 1g 2%

Vitamin A 90% • Vitamin C 4%

Calcium 0% • Iron 4%

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