

APPLE CINNAMON SWEET POTATO BAKE

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving = 1 piece)

Nutrition (per serving)

Calories: 179

Total Fat: 8 g

Saturated Fat: 1 g

Sodium: 43 mg

Total Carbohydrate: 23 g

Dietary Fiber: 3 g

Total Sugars: 11 g

Protein: 3 g



Ingredients

- 1 large sweet potato, peeled
- 3 Granny Smith apples
- 2 Tablespoons trans-fat free margarine

Topping

- ¼ cup all-purpose flour (choose gluten free flour blend for GF version)
- 2 Tablespoons canola oil

- 1 ½ Tablespoons Splenda® brown sugar blend
- 1 teaspoon ground cinnamon

- ¼ cup sugar-free pancake/maple syrup
- ½ teaspoon ground cinnamon
- ½ cup roasted, unsalted pumpkin seeds



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Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Spiralize sweet potato and apples, discarding core of apple. Set aside.
3. Melt margarine in a large skillet over medium-high heat. Add sweet potato and toss to coat evenly with margarine. Cook about 3 minutes. Add apples, brown sugar and cinnamon and mix together well. Scoop into 9 x 13" baking dish.
4. Whisk all topping ingredients together in a small bowl. Spread over sweet potato mixture.
5. Bake for 20 minutes.