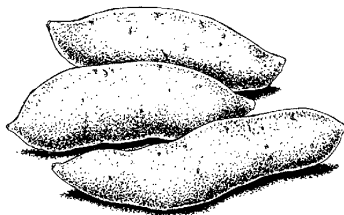


Sweet Potato Custard

Serves 4

- 1 cup sweet potato, cooked and mashed
- ½ cup banana, mashed
- 1 cup evaporated skim milk
- 2 tablespoons brown sugar, packed
- 2 egg yolks, beaten
- ½ teaspoon salt
- Vegetable oil cooking spray
- ¼ cup raisins
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon



1. In a medium bowl, stir together sweet potato and banana.
2. Add milk, blending well.
3. Add brown sugar, egg yolks and salt, mixing thoroughly.
4. Spray 1-quart casserole with vegetable oil cooking spray.
5. Combine raisins, sugar, and cinnamon; sprinkle over top of mixture.
6. Bake at 300°F for 45-50 minutes or until a knife inserted in center comes out clean.

TIPS:

- A great way to use left-over sweet potatoes
- Save the egg whites to make scrambled eggs.
- Keep custard in the refrigerator.

Nutrition Facts:

Serving size: $\frac{2}{3}$ cup; Calories: 230; Fruits and Vegetables: ½ serving; Fat: 3 g; Fiber: 3 g



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