

Nick Jr.
Feb./March 2004

Sweet Potato Biscuits

SUPER SNACK | MAKES 8

"The potato's natural sweetness is scrumptious," says Kelly Kelso.

- 1 medium (8 ounces) sweet potato
- 1½ cups flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 3 tablespoons butter, at room temperature
- 6 tablespoons milk



1. Heat oven to 450°F. Wash potato, prick with fork, wrap in paper towel, and microwave for 6 minutes. Remove and cool.
2. Cut potato in half. Scoop potato into a bowl and mash.
3. Sift together dry ingredients. Mix in potato, butter, and milk until doughy.
4. Flour a flat surface and knead dough until smooth.
5. Roll out dough to ½-inch thickness. Cut biscuits with cookie cutters. Place on greased baking sheet.
6. Bake 12 minutes. Serve warm with all-fruit jam, if desired.

— Kelly Kelso, with sons Will, 5, and Tom, 3; San Diego, Calif.

PER SERVING: 156 calories; 3g protein; 5g fat (3g saturated); 24g carbohydrates; 74mg calcium; 13mg cholesterol; 1g fiber

Yam very good, too. →

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