

APPLE CINNAMON SWEET POTATO BAKE

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 Carbohydrate: 23
Total Fat: 8 g	Dietary Fiber: 3 g
Saturated Fat: 1 g	Total Sugars: 11 g
Sodium: 43 mg	Protein: 3 g

Ingredients

- 1 large sweet potato, peeled
 - 3 Granny Smith apples
 - 2 Tablespoons trans-fat free margarine
 - 1 ½ Tablespoons Splenda® brown sugar blend
 - 1 teaspoon ground cinnamon
- Topping*
- ¼ cup all-purpose flour (choose gluten free flour blend for GF version)
 - ¼ cup sugar-free pancake/maple syrup
 - 2 Tablespoons canola oil
 - ½ teaspoon ground cinnamon
 - ½ cup roasted, unsalted pumpkin seeds

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.