

Sweet Potato Orange Cups

Hands down this is the all time family and friends favorite holiday recipe. It makes a perfect side dish or can be used as a dessert at your holiday meal. This recipe also gets an A+ for the beautiful presentation of color and texture.

Ingredients:

4 small oranges

2 small cooked and mashed sweet potatoes

¼ cup SLENDA no calorie sweetener, Granulated

¼ cup SLENDA Brown Sugar Blend

1 teaspoon cinnamon

¼ teaspoon ground ginger

1 teaspoon orange juice

½ cup chopped apples

¼ cup raisins

¾ cup mini marshmallows

Directions:

1. Halve oranges and squeeze over small bowl to loosen centers and extract juice. Place orange halves on baking sheet. Set juice aside.
2. Preheat oven to 325 degrees F.
3. Mix potatoes, SLENDA granulated sweetener, SLENDA Brown Sugar Blend, cinnamon, ginger and orange juice together in a medium size bowl until well blended.
4. Stir in the chopped apples and raisins.
5. Spoon the potato mixture into the orange halves. Top with the mini marshmallows.
6. Place filled oranges on a baking sheet. Bake in preheated oven for 30-40 minutes or until marshmallows are lightly browned and center is warm.

Servings: 8

Nutrition values per serving: 120 calories, 29 g carbohydrate, 2 g fiber, 1 g protein, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 10 mg sodium

Recipe taken from McNeil Nutritionals, LLC 2009