INGREDIENTS

6 Tbsp. water
6 oz. yogurt, low-fat vanilla
1/8 tsp. ground cinnamon
2/3 cups sweet potatoes, canned, drained, mashed
1 cup Martha White Honey Bran muffin mix

NOTES

Can be baked the day before, refrigerated and served next day with good results.
Optional: 1/4 cup dried fruit can be added

NUTRITIONAL FACTS: PER SERVING

Calories: 184
Total Fat: 4.54 g
Saturated Fat: 2.28g
Cholesterol: 13.74 mg
Sodium: 224.35 mg

Calcium: 61.80 mg
Protein: 3.17 g
Carbohydrates: 31.70 g
Dietary Fiber: 1.32 g

INSTRUCTIONS

1. Preheat oven to 350° F.
2. In a large mixing bowl, combine water, yogurt, cinnamon, sweet potatoes, and muffin mix. Do not over mix past a smooth consistency.
3. Spray a loaf pan with nonstick spray.
4. Pour batter into pan and bake at 350° F. for 20-25 minutes. Rotate pans halfway through the cook time.
5. Cut into 8 servings.
6. Refrigerate at 41° F. or less