

Candied Apple and Sweet Potatoes

Ingredients:

4 servings

- 1 large or 2 small sweet potatoes, peeled and diced
- 1 Granny Smith apple, diced
- ¼ cup brown sugar
- ¼ cup maple syrup
- ½ teaspoon cinnamon
- ½ teaspoon salt
- ⅛ teaspoon ginger
- ⅛ teaspoon cloves
- ⅛ teaspoon nutmeg
- ½ cup walnuts or pecans

Directions:

1. Preheat oven to 350F. In a pot, steam sweet potatoes for 10 minutes.
2. Combine spices and salt in a small bowl.
3. Once sweet potatoes are cooked but still firm, combine with granny smith apples and coat with brown sugar, maple syrup, spices, and nuts.
5. Place in an oven-safe casserole dish or pan and bake at 350F for 20-25 minutes, stirring once.

