



SWEET & SATISFYING SWEET POTATOES

MAKES 6+ SERVINGS

INGREDIENTS

5-6 SMALL SWEET POTATOES

1 CUP BLUEBERRIES, RINSED

½ CUP RAW PECANS, ROASTED

CINNAMON

METHOD

MAKE SWEET POTATOES IN ADVANCE; WASH AND POKE WITH A FORK MULTIPLE TIMES ON EACH SIDE. PLACE IN CROCK POT (DO NOT ADD ANY WATER OR OTHER LIQUID). COOK ON WARM SETTING FOR 6 HOURS. TAKE PRECOOKED SWEET POTATOES AND CUT IN HALF. TOP EACH HALF WITH A FEW BLUEBERRIES AND PLACE IN TOASTER OVEN FOR 5-10 MINUTES (UNTIL POTATO AND BLUEBERRIES ARE WARM).

SPRINKLE WITH CINNAMON AND ROASTED PECANS.

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