

# Banana Sweet Potato Smoothie

## Ingredients:

- 1 ½ cups ice cubes
- 1 cup sweet potato puree
- 1 small or ½ large banana, chunked and frozen
- ½ cup milk or milk substitute
- 2 tablespoons sugar
- ½ teaspoon pumpkin pie spice or ground cinnamon, plus more for serving

## Directions:

1. In the jar of a blender, combine the ice cubes, sweet potato puree, banana, milk, sugar, and pumpkin pie spice or cinnamon and blend until smooth. Add more sugar to taste.
2. Serve sprinkled with additional pumpkin spice or cinnamon.

## Notes:

- If you forget to freeze the banana in advance, just add more ice cubes. If you like, add a tablespoon or two of your favorite nut butter.



Nutrition Facts	
Serving size: 5 oz serving	
Servings: 4	
Amount per serving	
Calories	118
% Daily Value*	
Total Fat 1.7g	2%
Saturated Fat 0.5g	3%
Cholesterol 3mg	1%
Sodium 33mg	1%
Total Carbohydrate 24.4g	9%
Dietary Fiber 2.5g	9%
Total Sugars 13.7g	
Protein 2.7g	
Vitamin D 0mcg	1%
Calcium 45mg	3%
Iron 2mg	11%
Potassium 348mg	7%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

## Recipe Source:

adapted from California Sweetpotato Council

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# Sweet Potato and Apple Bake

## Ingredients:

- 3 1/2 cups sweet potatoes canned, drained (2 - 15 oz cans; save 2 tablespoons of liquid)
- 2 cups apples (peeled, cored and cut into bite-sized pieces)
- 6 teaspoons brown sugar (2 tablespoons, packed)
- 1/3 cup chopped pecans or walnuts
- 2 tablespoons flour
- 2 tablespoons butter (unsalted), melted

## Directions:

1. Preheat oven to 350°F.
2. Put sweet potatoes in baking dish. Add apples.
3. Pour 2 tablespoons of the sweet potato liquid over the mixture.
4. Mix brown sugar, nuts, flour, and melted butter together in a small bowl.
5. Sprinkle over the top of the sweet potato/apple mix.
6. Bake for 20-30 minutes, until the top is golden brown and bubbly.

## Notes:

- Granny Smith apples tend to work best in this recipe.



## Recipe Source:

*Eating Smart, Being Active*  
Colorado State University and  
University of California Davis

## Nutrition Information

Serving Size: 3/4 cup, 1/6 of recipe

[Show Full Display](#)

Nutrients	Amount
Total Calories	231
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	10 mg
Sodium	64 mg
Carbohydrates	38 g
Dietary Fiber	4 g
Total Sugars	15 g
Added Sugars included	4 g
Protein	3 g
Vitamin D	0 mcg
Calcium	38 mg
Iron	1 mg
Potassium	443 mg

N/A - data is not available

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# Batido de Camote y Plátano

## Ingredientes:

- 1 ½ tazas de cubos de hielo
- 1 taza de puré de camote
- 1 plátano pequeño o la mitad de un grande, cortado en trozos y congelado
- ½ taza de leche o sustituto de leche
- 2 cucharadas de azúcar
- ½ cucharadita de especias para pastel de calabaza o canela molida, y al servirlo puedes agregar más.

## Preparación:

1. En el vaso de una licuadora, combine los cubos de hielo, el puré de camote, el plátano, la leche, el azúcar y las especias para pastel de calabaza o la canela y mezcle hasta quedar bien molido. Puede agregar más azúcar al gusto.
2. Sírvalo espolvoreado y agregue especias de calabaza o canela.

## Notas:

- Si el plátano no está congelado, simplemente agregue más cubos de hielo. Si lo desea, agregue una o dos cucharadas de su crema de nueces favorita.



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# Pastel de Camote con Manzana

## Ingredientes:

- o 3 1/2 tazas de camote, escurridas (2 latas de 15 oz; guarde 2 cucharadas del líquido)
- o 2 tazas de manzanas (peladas, sin corazón y cortadas en trozos pequeños)
- o 6 cucharaditas de azúcar moreno (2 cucharadas, compactadas)
- o 1/3 taza de pecanas picadas
- o 2 cucharadas de harina
- o 2 cucharadas de mantequilla (sin sal), derretida

## Preparación:

1. Precalear el horno a 350°F.
2. Ponga el camote en un recipiente para hornear. Agrega las manzanas.
3. Vierta 2 cucharadas del líquido de camote sobre la mezcla.
4. Mezcle el azúcar moreno, las nueces, la harina y la mantequilla derretida en un tazón pequeño.
5. Espolvoree sobre la mezcla de camote y manzanas.
6. Leve al horno por 20-30 minutos, hasta que la parte superior esté dorada y burbujeante.

## Notas:

- o Las manzanas Granny Smith tienden a hacer mejor esta receta.



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