

Nutrition Education

Sweet Potatoes 'n' Pears

Ingredients:

- 9 cups cubed peeled sweet potatoes
- 1 (15 ounce) can pear halves, drained
- 1/3 cup packed brown sugar
- 1 T. butter, softened
- 1/2 teaspoon ground cinnamon

1. Boil sweet potatoes. Drain and place in a large mixing bowl. Add the remaining ingredients; beat with mixer until combined and smooth.

