

SWEET POTATO CUSTARD

Serves: 4

1 cup sweet potato, cooked and mashed	1/2 teaspoon salt
1/2 cup banana, mashed	vegetable oil cooking spray
1 cup evaporated skim milk	1/4 cup raisins
2 Tablespoons brown sugar, packed	1 Tablespoon sugar
2 egg yolks, beaten	1 teaspoon ground cinnamon

1. In a medium bowl, stir together sweet potato and banana.
2. Add milk, blending well.
3. Add brown sugar, egg yolks and salt, mixing thoroughly.
4. Spray 1-quart casserole with vegetable oil cooking spray.
Add sweet potato mixture.
5. Combine raisins, sugar, and cinnamon; sprinkle over top of mixture.
6. Bake at 300 degrees for 45-50 minutes or until a knife inserted in center comes out clean.

TIPS:

- A great way to use left-over sweet potatoes.
- Save the egg whites to make scrambled eggs.
- Keep custard in the refrigerator.



Nutrition Facts: Serving size: 2/3 cup; Calories: 230; Fruits and Vegetables: 1/2 ; Fat: 3g; Fiber: 3g