

SWEET POTATO APPLE BAKE



Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

INGREDIENTS:

- 1 lb. sweet potatoes, peeled and cut into chunks
- 2/3 cup unsweetened 100% apple juice
- 2 apples, peeled and cut into chunks
- 1/2 teaspoon vanilla extract
- 1 Tablespoon butter, melted
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 Tablespoons brown sugar

INSTRUCTIONS:

1. Place an oven rack in the middle of the oven. Preheat oven to 400 ° F.
2. In a large bowl, mix all ingredients.
3. Spray a 9x9-inch glass baking dish with nonstick cooking spray. Pour mixture into baking dish.
4. Bake until sweet potatoes are tender, about 45 minutes. Spoon the liquid in the dish over the sweet potatoes and apples a few times while baking. Serve while warm.

Yield: 6 (1/2) cup servings
Source: *Eatfresh.org*

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit benefitscal.com.

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