

# Maple Sweet Potatoes

## Ingredients:

- 2 large sweet potatoes
- 2 tablespoons nonfat yogurt
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

## Preparation:

1. Prick potato skins with a fork.
2. Microwave on high for 3 to 4 minutes until soft and easily pierced with a knife.
3. Scoop out the pulp into a medium bowl.
4. Mash the pulp and stir in the yogurt, maple syrup, and orange juice.
5. Transfer to a microwave-safe serving bowl and microwave for 1 to 2 minutes to heat through.

Yields 2 servings

Nutritional Information Per Serving: 150 calories, 3g protein, 35g carbohydrate (4g fiber), 0g fat, 0mg cholesterol, 80mg sodium

Source: U.S. Department of Agriculture

