



Sweet Potato Custard

Serving size: ½ cup

Yield: 6 servings

Ingredients:

- 1 cup cooked sweet potato, mashed
- ½ cup banana (about 2 small), mashed
- 1 cup evaporated milk, fat-free
- 2 tablespoons brown sugar, packed
- 2 egg yolks, beaten, or ⅓ cup egg substitute
- ½ teaspoon salt
- non-stick cooking spray as needed
- ¼ cup raisins
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon



Directions:

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 a 1-quart casserole with non-stick cooking spray. Transfer sweet potato mixture to casserole dish.
5. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture.
6. Bake in a preheated 325° F oven for 40-45 minutes or until a knife inserted near center comes out clean.

Nutrition Facts: Calories: 160; Total fat: 2 g; Saturated fat: less than 1 g; Cholesterol: 72 g*; Sodium: 255 mg; Fiber: 2 g; Protein: 5 g; Carbohydrate: 32 g; Potassium: 488 mg

*If egg substitutes are used, cholesterol will be lower.

Source: *A Healthier You*, Centers for Disease Control and Prevention



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