

# Sweet Potato Bake

## Heart Health

**Items Needed:** Saucepot, mixing bowl, 8x8 baking dish

**Serves:** 6-8

### Ingredients:

- 4 medium sweet potatoes
- 2 Tbsp butter
- 2 Tbsp brown sugar
- 2 Tbsp maple syrup
- Salt and Pepper to Taste

**For the topping:**

- ½ cup quick cooking oats
- ¼ cup flour
- 2 Tbsp butter
- 2 Tbsp maple syrup
- ½ tsp cinnamon

### Directions:

1. Preheat oven to 375 degrees.
2. Peel and chop sweet potatoes into large sections, boil until cooked through and tender
3. Place cooked sweet potatoes in a mixing bowl with 2 tbsp of butter, maple and the brown sugar, mix until everything is combined evenly, taste and season with salt and pepper.
4. In a separate mixing bowl combine flour, syrup, cinnamon and a pinch of salt.
5. Melt the remaining 2 tbsp of butter and add to the mixture working everything together until it forms clumps, if it remains dry add water a tbsp at a time to get the mixture to come together.
6. Spray your baking dish with cooking spray and add the potato mixture. Top with crumble and bake for approximately 15-20 minutes or until the topping turns golden brown.

### Nutrition Information (per 1/6th recipe):

Calories: 246 Fat: 8.2 g Carbs: 42.6 g Protein: 2.9 g Fiber: 3.6 g Sodium: 87 mg

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