



Sweet Potato Pate

Prep Time: 5 minutes

Cost per serving: \$0.44

What you need:

Utensils:

- Blender
- Measuring cups & spoons
- Butter knife
- Can opener
- Mixing bowl
- Mixing spoon

Ingredients:

- 1 cup canned sweet potatoes, drained and mashed
- 2 tablespoons low fat or fat free vanilla yogurt
- 1 tablespoon vanilla extract
- ½ tablespoon cinnamon
- 4 whole graham crackers

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Combine sweet potato and vanilla yogurt in a bowl or blender.
4. Add vanilla extract and cinnamon. Mix thoroughly until smooth.
5. Serve immediately on graham cracker squares or cover and store in the refrigerator.



**BETTER LIVING
FOR TEXANS**

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Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 4

Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 2g	
Vitamin A 110%	Vitamin C 6%
Calcium 4%	Iron 6%