

# SWEET POTATO AND APPLE BAKE

*Use any kind of apple for this recipe.*

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*Just Say Yes*  
To Fruits & Vegetables  
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## **SWEET POTATO AND APPLE BAKE**

**SERVES 5 • SERVING: 1 CUP**

*Just Say Yes*  
To Fruits & Vegetables

### **INGREDIENTS:**

- 2 15 oz. cans cut sweet potatoes, drained
- 2 cored and chopped apples
- 2 tablespoons (orange or apple) juice
- ¼ cup brown sugar
- 1 tablespoon vegetable oil

### **DIRECTIONS:**

1. Preheat oven to 375°F.
2. Place sweet potatoes and apples in baking dish and add the fruit juice.
3. Sprinkle brown sugar on top of apples and potatoes and drizzle with vegetable oil.
4. Bake for 30 minutes.
5. Serve hot as a side dish or a dessert.
6. Refrigerate leftovers.

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Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.