

Sweet Potato

SWEET POTATO SPREAD WITH GRAHAM CRACKERS

Makes approximately 4 servings

INGREDIENTS

- graham crackers
- 1 teaspoon oil
- 1/4 cup brown sugar
- 1 tablespoon butter, cut into bits
- 2 cups (1 pound) canned sweet potatoes, mashed

SUPPLIES

- large mixing bowl
- 9" x 9" baking dish
- serving spoon
- fork

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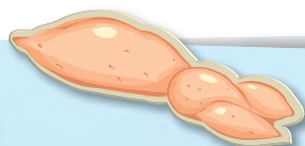
NOTE TO GROWN-UPS

This snack can be prepped just before it is heated in the oven. Your child can help with several steps of this recipe. The pan will be hot after coming out of the oven, so take care when serving the spread to children.

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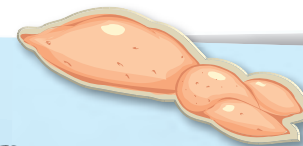
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DIRECTIONS



1. Invite your child to wash their hands and join you for a cooking activity.
2. Spread the oil with a paper towel over the bottom and the sides of the baking dish.
3. Place the sweet potatoes in a large bowl and mash them with a fork.
4. Scoop the mashed sweet potatoes into the baking dish and spread evenly in the pan.
5. Sprinkle the brown sugar evenly over the top.
6. Scatter the butter bits evenly over the brown sugar.
7. Bake in a 350° oven for 20 minutes, or until hot and the butter is melted.
8. Remove the sweet potato spread from the oven and let cool 5 minutes.
9. Dip or spread sweet potato mixture onto graham crackers and enjoy!

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