

Sweet Potato Custard

(Makes 6 half cup servings)

Ingredients:

- 1 cup sweet potato, cooked, mashed
- ½ cup (about 2) small bananas, mashed
- 1 cup evaporated skim milk
- 1 tablespoon brown sugar, packed
- 2 egg yolks (or 1/3 cup egg substitute), beaten
- ½ teaspoon salt
- ¼ cup raisins
- ½ tablespoon sugar
- 1 teaspoon ground cinnamon

As needed non-stick cooking spray

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 1-quart casserole with nonstick 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 preheated 325° oven for 40-45 minutes or until knife inserted near center comes out clean.

Nutritional Analysis: (per serving)

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| ▪ Calories: 140 | ▪ Protein: 5 g |
| ▪ Total Fat: 2 g | ▪ Carbohydrate: 26 g |
| ▪ Saturated Fat: 1 g | ▪ Sugars: 4 g |
| ▪ Cholesterol: 72 mg | *Cholesterol will be lower if using egg substitute |
| ▪ Sodium: 255 mg | |

Source:

*Keep the Beat, Heart Healthy Recipes from the National Heart, Lung and Blood Institute.
This recipe has been slightly modified.*