

Sweet Potato and Apple Bake

Just Say Yes to Fruits and Vegetables

What a sweet, nutrient-packed treat!



jsyfruitveggies.org

Sweet Potato and Apple Bake

Just Say Yes to Fruits and Vegetables

What a sweet, nutrient-packed treat!



jsyfruitveggies.org

Sweet Potato and Apple Bake

Just Say Yes to Fruits and Vegetables

What a sweet, nutrient-packed treat!



jsyfruitveggies.org

Sweet Potato and Apple Bake

Just Say Yes to Fruits and Vegetables

What a sweet, nutrient-packed treat!



jsyfruitveggies.org

Sweet Potato and Apple Bake

Serves 5 ▪ Serving: 1 cup

Just Say Yes to Fruits and Vegetables

Sweet potatoes contain vitamin A, which is good for healthy eyes and skin!

Ingredients:

- 2 drained cans (15 oz each) cut sweet potatoes
- 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.

Sweet Potato and Apple Bake

Serves 5 ▪ Serving: 1 cup

Just Say Yes to Fruits and Vegetables

Sweet potatoes contain vitamin A, which is good for healthy eyes and skin!

Ingredients:

- 2 drained cans (15 oz each) cut sweet potatoes
- 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.

Sweet Potato and Apple Bake

Serves 5 ▪ Serving: 1 cup

Just Say Yes to Fruits and Vegetables

Sweet potatoes contain vitamin A, which is good for healthy eyes and skin!

Ingredients:

- 2 drained cans (15 oz each) cut sweet potatoes
- 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.

Sweet Potato and Apple Bake

Serves 5 ▪ Serving: 1 cup

Just Say Yes to Fruits and Vegetables

Sweet potatoes contain vitamin A, which is good for healthy eyes and skin!

Ingredients:

- 2 drained cans (15 oz each) cut sweet potatoes
- 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.