



**FRESH
CONNECT**
BUCKS COUNTY

recipe

INGREDIENTS

- 2 medium sweet potatoes
- 2 c all purpose flour
- 1-1/2 c rolled oats
- 1 tsp baking soda
- 2 tsp cinnamon; 1/4 tsp each nutmeg, ginger, ground cloves; 1/2 tsp salt
- 1/2 c unsalted butter, room temp
- 1/2 c each white and brown sugar
- 1 egg; 1 tsp vanilla extract

SERVING SIZE: 2 cookies

Sweet Potato Oat Cookies

NAME OF DISH

INSTRUCTIONS

- 1) Preheat oven to 350 degrees. Peel and chop sweet potato into chunks. Boil a large pot of water and add sweet potatoes until for tender, about 15 minutes. Drain water and mash potatoes, set aside to cool.
- 2) In a medium bowl, combine flour, oats, baking soda, salt and spices. Set aside to cool.
- 3) Combine butter and sugars until smooth, then add egg and vanilla. Once sweet potato has cooled off, add it to sugar mixture. Stir flour mix into sweet potato mix. Optional: add 1 cup chocolate chips or dried cranberries. Scoop teaspoonfuls onto parchment lined cookie sheet and bake 10-12 minutes,

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Sweet Potato Oat Cookies

NAME OF PRODUCE

INFORMATION

2 cookies contains 154 calories, 23 grams carbohydrate, 1.4 gram protein, 3 grams fat, Vitamin A 1196 IU, Fiber 2 grams, Sodium 121 mg.

These are a healthy alternative to many holiday cookies that typically use processed and low nutrient ingredients. Oats are a rich source of soluble fiber which can help with cholesterol management and with feeling full with fewer cookies. Sweet Potato is a great source of Vitamin A which is helpful for eye health, vision, especially at night, and it helps to promote good immunity. Chocolate chips, nuts, or dried fruit can be added to these cookies to resemble a more traditional holiday cookie.

Recipe is adapted from amandascookin.com

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