



## Sweet Potato Custard

### Ingredients:

- 1 C mashed cooked sweet potato
- 1/2 C mashed banana (about 2 small)
- 1 C evaporated skim milk
- 2 Tbsp packed brown sugar
- 1/3 cup egg substitute
- 1/4 t salt
- as needed nonstick cooking spray
- 1/4 C raisins
- 1 Tbsp Splenda granulated sugar substitute
- 1 tsp ground cinnamon

### Directions:

In a medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg substitute, and salt mixing thoroughly. Spray a 1-quart casserole with nonstick cooking spray. Transfer sweet potato mixture to casserole dish. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Bake in a preheated 325° F oven for 40-45 minutes or until a knife inserted near center comes out clean. **Serves 6**

### Nutrition Facts Per Serving:

Calories	150	Saturated Fat	0 gm	Carbohydrate	32 gm
Fat	1 gm	Sodium	205 mg	Fiber	3 gm

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