

Heart Healthy Recipes

from Gwinnett Medical Center



Sweet Potato Orange Cups

- 4 small oranges
- 2 small cooked and mashed sweet potatoes
- 12 packets SLENDA
- 1 tsp cinnamon
- ¼ tsp ground ginger
- 1 tsp orange juice
- ½ cup chopped apples
- ¼ cup raisins
- ¾ mini marshmallows

Preparation:

1. Cut oranges in half and squeeze over small bowl to loosen centers and extract juice. Place orange halves on a baking sheet. Set juice aside.
2. Preheat oven to 325
3. Mix potatoes, SLENDA, ginger and 1 tsp of the orange juice together in a medium size bowl until well blended. Stir in chopped apples and raisins. Spoon the potato mixture into the orange halves. Top with mini marshmallows.
4. Place filled oranges on a baking sheet and bake for 30-40 minutes or until the marshmallows are lightly brown and the center is warm.

Serves 8

Per Serving: Calories 60, Total Fat 0g, Protein 1g, Carbohydrates 17g