



Sensational Sweet Potato Bake

Recipe by: Holly Clegg

Ingredients:

- 4 Sweet potatoes
- 8 Tablespoons light margarine, divided
- 1 Jar marshmallow crème
- 1 Large egg
- 2 Large egg whites
- 1/2 Cup sugar 1/2 cup skim milk
- 1/2 Cup light brown sugar
- 2 Cups crushed Crispix (cereal of your choice)

Instructions:

In a large pot, cover sweet potatoes with water and bring to a boil. Boil for 45 minutes or until potatoes are tender; drain and cool slightly. Peel potatoes and cut into chunks; set aside. In small pot or microwave safe dish, cook 4 tablespoons margarine and marshmallow crème, stirring constantly, until margarine is melted and mixture is creamy. In mixing bowl, beat sweet potatoes, marshmallow mixture, egg, egg whites, sugar, and milk until smooth. Transfer to 3-quart baking dish coated with nonstick cooking spray. In a microwave safe dish, melt remaining 4 tablespoons margarine and brown sugar. Stir in crushed cereal. Sprinkle over sweet potatoes. Bake at 350 degrees for 1 hour.

Serving Size: 10 - 12

Cook Time: 2 hours