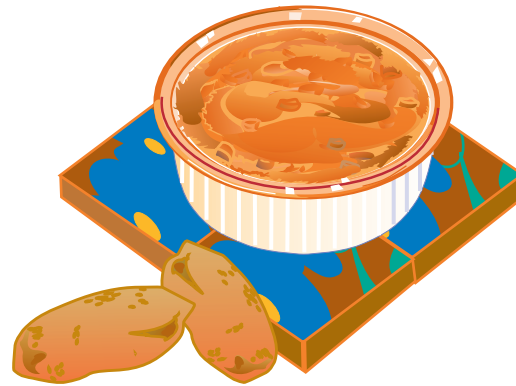


# Sweet Potato Puff

## Ingredients:

- Cooking spray
- 4 egg whites
- 1/4 cup sugar
- 3 cups canned yams
- 2 tablespoons all purpose flour
- 1 teaspoon vanilla
- 1 pinch salt (optional)
- 1/2 cup cornflakes, crushed



## Preparation:

1. Preheat oven to 350°F. Spray 1 1/2 quart casserole dish with nonstick spray.
2. Mix together egg whites, sugar, yams, flour and vanilla with electric mixer until smooth.
3. Transfer to casserole dish.
4. Top with cornflake crumbs.
5. Bake for 30 minutes.

Makes four 3/4 cup servings

Amount Per Serving	
Calories	230
Calories from Fat	0
% Daily Values*	
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	310mg
Total Carbohydrate	50g
Dietary Fiber	3g
Sugars	3g
Protein 7g	
Vitamin A	240%
Vitamin C	70%
Calcium	4%
Iron	8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



This is an official 5 A Day recipe: one serving is equal to one serving of fruits and/or vegetables.