

## TXIV AV PAUM THIAB QOS YAJ YWM

### UA TAU 4 TAIG.

*Ib taig ntau npaum li ib nrab khob (½ cup).*



### COV KHOOM SIV:

- 2 khob kua 100% txiv av paum tsis qab zib
- ½ tsp cinnamon
- ¼ tsp ntsev
- 2 lub qos yaj ywm, tev thiab hlais tej daim nyias nyias

### KEV NPAJ UA:

1. Muab cov kua txiv av paum, cinnamon thiab ntsev coj los sib tov uake ces muab tso rau hauv lub yias.
2. Muab cov qos yaj ywm hauv hauv yias es cia kom nws npau, tso hluav taws kom ceev.
3. Tom qab ntawv, tso hluav taws kom yau.
4. Muab nws do li ntawm 20 mus rau 25 nasthis lossis cia kom cov qos yaj ywm muag thiab kom cov kua txiv av paum tsawg zog.
5. Noj thaum sov.

**Nutrition information per serving:** Calories 208, Carbohydrate 50 g, Dietary Fiber 5 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



## Apple Glazed Sweet Potatoes

### Makes 4 servings.

*½ cup per serving.*



### INGREDIENTS

- 2 ½ cups unsweetened 100% apple juice
- ½ tsp cinnamon
- ¼ tsp salt
- 2 sweet potatoes, peeled and thinly sliced

### PREPARATION

1. Combine apple juice, cinnamon and salt in large skillet.
2. Add sliced sweet potatoes and bring to a boil over high heat.
3. Reduce heat slightly and simmer.
4. Stir occasionally for 20-25 minutes or until potatoes are tender and juice has been reduced to a glaze.
5. Serve warm.

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