



Sweet Potato Biscuits

Ingredients

- 1 small sweet potato, peeled, cooked, and mashed
- 2 Tbsp low-calorie margarine, melted
- 1 Tbsp brown sugar
- 2 cups unbleached white flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 3/4 cup low-fat buttermilk
- 2 Tbsp finely minced toasted pecans

Directions

Preheat the oven to 400 degrees. Combine the sweet potato, margarine, and brown sugar in a bowl and beat well.

In a separate bowl, combine the flour, baking powder, and baking soda. Add the buttermilk. Combine the sweet potato and flour mixtures. Fold in the pecans.

Turn the dough out on a lightly floured surface. Knead only for 8 strokes. Roll the dough out to 1/2-inch thickness. Cut with the floured rim of a glass or use a floured biscuit cutter. Place on an ungreased cookie sheet and bake for 16-18 minutes until tops are browned and biscuits are flaky.

Servings: 24 biscuits

Nutritional Analysis: 57 calories, 1g fat (0g saturated), 0mg cholesterol, 73mg sodium, 10g carbohydrate (0g dietary fiber, 2g sugars), 1g protein

Source: "American Diabetes Association's More Diabetic Meals in 30 Minutes or Less" (Webb)