



Marshmallow Pecan Sweet Potato Bites

GF
option

V
option

INGREDIENTS

1 tbsp Hy-Vee salted butter, melted
½ tsp Hy-Vee ground ginger
¼ tsp Hy-Vee salt
3 (8-oz.) sweet potatoes, peeled
7 Hy-Vee marshmallows
20 caramelized pecan halves

PREPARATION

- 1** Preheat oven to 400°. Line a 15x10x1-inch baking pan with foil. Spray with nonstick spray.
- 2** Stir together butter, ginger and salt in a small bowl. Cut sweet potatoes into 20 (½-inch-thick) slices. Place in a single layer in prepared pan; brush with butter mixture. Bake for 30 to 35 minutes or until golden brown, turning halfway through.
- 3** Cut each marshmallow into 3 pieces. Place one piece on top of each sweet potato slice. Bake for 3 to 4 minutes or until marshmallows are light golden brown. Immediately top each marshmallow layer with a pecan half. Cool for 2 to 3 minutes before serving.

NUTRITION FACTS

Calories: 110
Total Fat: 4g
Saturated Fat: 1g
Trans Fat: 0g
Cholesterol: 3mg

Sodium: 111mg
Carbohydrates: 18g
Fiber: 2g
Sugar: 7g
Protein: 2g