

Sweet Potato Biscuits

Ingredients

- 4 sweet potatoes
- 2 cups flour
- $\frac{1}{2}$ cup shortening
- $\frac{2}{3}$ cup sugar
- $\frac{1}{2}$ Tbsp baking powder
- 1 tsp salt

Directions

1. Peel and cook sweet potatoes. Mash sweet potatoes into 2 cups.
2. Preheat oven to 425°F.
3. Mix dry ingredients together. Cut in shortening. Add mashed sweet potatoes to make a soft dough.
4. Pat out on a floured surface and cut using a $2\frac{1}{4}$ inch biscuit cutter or floured drinking glass.
5. Place on baking sheet. Bake for 10-12 minutes.

Handling & Storage

Select sweet potatoes that are small to medium in size with smooth skin, avoiding those with soft spots.

Store in a cool, dry place for up to a month.

Prior to preparing, scrub with a vegetable brush under cold water. You can peel sweet potatoes, but the skin is edible.

Nutritional Information

Calories: 149

Total Fat: 5.9 g

Saturated Fat: 1.8 g

Trans Fat: 0.0 g

Cholesterol: 0 mg

Sodium: 130 mg

Total Carbohydrates: 22.9 g

Dietary Fiber: 1.1 g

Sugars: 7.5 g

Protein: 1.7 g

Serves: 18

*Serving suggestion: Enjoy with a drizzle of honey.