



Chef Ann Cooper

Sweet Potato Biscuits

Biscuits are a perfect snack. The addition of the sweet potatoes in this recipe adds flavor and nutrition—after all, sweet potatoes are a super food, which means that they have a high nutrient to calorie ratio. These biscuits can also be served as part of a main meal. If you're out of sweet potatoes you can use any kind of sweet squash. Pumpkin (even canned if you're in a hurry) is a great substitute.

Sixteen servings

- 1 1/2 cups all purpose flour
- 1/2 cup whole wheat flour
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1/4 cup unsalted butter, cold
- 1/2 cup sweet potatoes, cooked and mashed
- 3/4 cup milk

1. Preheat oven to 450 degrees.
2. Combine the flours, baking powder and salt in a medium-sized mixing bowl. Stir to mix well.
3. Cut the cold butter into small pieces and add to the flour mixture.
4. Using your fingertips, work the butter into the flour until it has the consistency of corn meal.
5. In a small bowl combine the milk and sweet potato and mix well using a fork or a whisk. Add to the flour mixture all at once and stir quickly just until it forms a ball.
6. Turn the dough out onto a lightly floured surface and knead 14 times. DO NOT overwork the dough or it will become tough.
7. Pat the dough out until it is 1/2-inch thick. Cut into rounds with a biscuit cutter or the floured top of a drinking glass.
8. Gather the scraps, pat out and cut again until all the dough is used.
9. Place dough rounds on a cookie sheet and bake for eight to ten minutes or until the bottoms of the biscuits are golden brown.

Nutrition Facts	
Serving Size: 1 serving	
Servings Per Recipe: 16	
Amount Per Serving	
Calories: 99	
Calories from fat: 29 (29% of tot cal)	
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 9mg	3%
Sodium 252mg	11%
Total Carbo 15g	5%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 2g	
Vitamin A 187%	Vitamin C 4%
Calcium 9%	Iron 9%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending upon your caloric intake.	