



Twice Baked Orange, Honey Chipotle Sweet Potatoes

Serves six

6 sweet potatoes – thoroughly scrubbed
2 TBS unsalted butter
1 TBS honey
2 TBS freshly squeezed orange juice
1 tsp. orange zest
¼ tsp. chipotle powder or more to taste
¼ tsp. cinnamon powder

Preheat oven to 375 degrees.

Place the sweet potatoes on a pan and bake for 1 hour. Remove from oven and allow cooling – until cool enough to handle.

Melt the butter and honey together.

Carefully cut each baked potato in half. Scoop out the flesh – being careful not to tear the skins – into a bowl. Add the orange juice, orange zest, chipotle, cinnamon and melted butter and honey. Mix well.

Refill the potato skins with the mashed potatoes. Place them back in the oven – at 375 degrees – for 15 minutes. Remove from oven and serve. Enjoy!

1 whole sweet potato - CALORIES 159.26; FAT 3.91 grs (sat 2.45; mono 0.99; poly 0.16); PROTEIN 2.13 grs ; FIBER 4.00 grs; CARBS 29.74 grs; CHOLESTEROL 10.17 mg; IRON 0.83 mg; SODIUM 72.23 mg; CALCIUM 42.41 mg