



Yam Biscuits

Whip up these nutritious and delicious biscuits with pantry ingredients. Make different sizes of biscuits to match their intended use. I've served these at parties with a meat tray.

Makes 20 - 24 biscuits

1 (15-ounce) can sweet potatoes (yams), drained and mashed or cooked Louisiana yams (sweet potatoes), mashed
4 cups biscuit baking mix
1/2 teaspoon ground cinnamon
3/4 cup skim milk
3 tablespoons butter or margarine, softened

1. Preheat oven 450°F. In mixing bowl, mix mashed yams with baking mix and cinnamon. Add milk and butter to mixture, stirring until blended.
2. Roll on floured surface to 1-inch thickness. Cut with 2-inch cutter or glass, and place on ungreased baking sheet.
3. Bake 10 - 12 minutes, or until golden brown. Serve hot.

Nutritional information per serving

Calories 115, Protein (g) 2, Carbohydrate (g) 17, Fat (g) 4, Calories from Fat (%) 35, Saturated Fat (g) 1, Dietary Fiber (g) 1, Cholesterol (mg) 0, Sodium (mg) 286 Diabetic Exchanges: 1 starch, 1 fat

Terrific Tidbit: For a savory biscuit, delete the cinnamon and add 1 tablespoon chopped parsley and 1 teaspoon seasoning salt or seasoning mix.