



# Cinnamon Sweet Potato

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## Info:

Makes 2 Servings      110 Calories per Serving

**LOW CAL**

## Ingredients:



- ❖ 1 Medium Sweet Potato, raw
- ❖ 2 tsp I Can't Believe It's Not Butter Light
- ❖ 1 tsp Ground Cinnamon

## Preparation:

### Microwave Cooking:



1. Cut sweet potatoes in half (widthwise not lengthwise) and prick the skin with a fork a couple times
2. Place the potato halves on a paper towel and microwave on high 2-3 minutes (Only cook two halves at a time!)
3. Top each potato half with 1 tsp butter and ½ tsp cinnamon
4. Serve hot

### Oven Cooking:

1. Cut sweet potatoes in half (widthwise not lengthwise) and prick the skin with a fork a couple times
2. Place the potato halves on an ungreased baking sheet and bake at 400° for 45 minutes
3. Top each potato half with 1 tsp butter and ½ tsp cinnamon
4. Serve hot