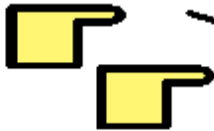


Sweet Potato Dip



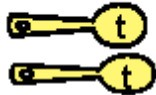
Sweet Potatoes



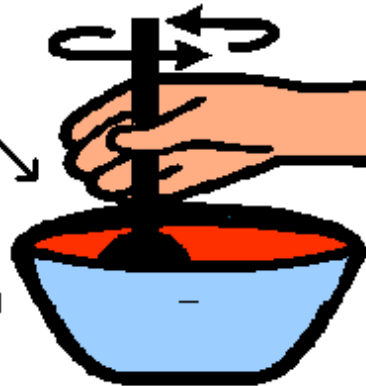
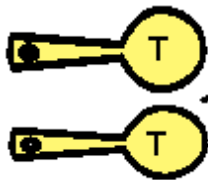
Plain
yogurt



Nutmeg



cinnamon



Spoon onto crackers.

Eat.



CM

Mix 2 cups sweet potatoes and 1 cup plain non-fat yogurt.
Mix in 2 teaspoons nutmeg and 2 Tablespoons cinnamon.