



Toasty Marshmallow Sweet Potato Skins



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1/10th of recipe (1 skin): 74 calories, <0.5g total fat (0g sat. fat), 94mg sodium, 17.5g carbs, 1.5g fiber, 7.5g sugars, 1g protein

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Prep: 15 minutes **Cook:** 30 minutes



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Ingredients

Five 8-oz. orange sweet potatoes, uniform in shape
1 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. salt
2 tbsp. brown sugar (not packed)
1 1/4 cups mini marshmallows

Directions

Preheat oven to 425 degrees. Spray a baking sheet with nonstick spray.

Pierce potatoes several times with a fork. On a microwave-safe plate, microwave for 15 minutes, until potatoes are soft.

Once cool enough to handle, slice each potato in half lengthwise. Carefully scoop out the insides, leaving about 1/4 inch inside the skin. Discard the potato pulp (or reserve for another use).

Place hollow shells on the baking sheet. Sprinkle with cinnamon, nutmeg, and salt.

Bake until the edges begin to crisp, about 10 minutes.

Top with brown sugar and marshmallows. Bake until marshmallows puff up and lightly brown, 3 - 4 minutes. Enjoy!

MAKES 10 SERVINGS

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