

CREAMY SWEET POTATO DIP

1/2 whole-wheat pita, split and cut into 8 pieces

1/3 C. roasted mashed sweet potato

1 T. plain low-fat Greek yogurt

1/4 tsp. honey

1/8 tsp. dried chipotle chile powder

1/8 tsp. salt

Nutrition Facts Serving Size (129g) Servings Per Container			
Amount Per Serving			
Calories 17	0 Cald	ories fron	n Fat 10
% Daily Value*			
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg 0°			0%
Sodium 320mg			13%
Total Carbohydrate 34g 11%			
Dietary Fiber 5g			20%
Sugars 7g			
Protein 7g			
Vitamin A 26	60% • Y	Vitamin (20%
Calcium 6%	•	ron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grat Fat 9 • (65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Preheat oven to 350°. Arrange pita pieces on a baking sheet; bake at 350° for 10 minutes until crisp. While pita bakes, combine sweet potato, yogurt, honey, chile powder, and salt in a small bowl; stir with a fork until smooth. Serve with warm pita chips.

NUTRITION FACTS: Serving size: 1/3 cup per serving, 1 serving