

Crock Pot Baked Sweet Potatoes

Makes 4 Servings

Ingredients

4 medium sweet potatoes, washed thoroughly and patted dry
6 twelve-inch squares of aluminum foil

Directions

1. Crumple aluminum foil squares into 6 round balls.
2. Place foil balls into the bottom of your crock pot. They will serve as a shelf for the potatoes.
3. Arrange the whole sweet potatoes (with skin) evenly on top of the foil balls.
4. Cover crock pot and cook on low for 8 hours.

Nutrition Information per Serving: Calories: 112, Protein: 2gm, Carbs: 26gm, Fiber: 4gm, Total Fat: 0gm, Saturated Fat: 0gm, Trans Fat: 0gm, Cholesterol: 0mg, Sodium: 72 mg