



Sweet Potatoes

Canned sweet potatoes are often on sale in the grocery store around the winter holidays, and they are super good sources of Vitamin A and fiber. Fresh sweet potatoes are also easy to use, and can be baked just like white potatoes. Try sprinkling a bit of cinnamon over them, and watch how your family enjoys them! Sweet potatoes provide great flavor and nutrition to everyday meals.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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