

Family Features
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All materials courtesy of Louisiana Sweet Potato
Commission

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Title: Sweet Satisfaction



Sweet Potato Praline Coffee Cake might be the perfect sweet. Not only do you get a sweet treat, but healthful ingredients like sweet potatoes and cranberries give an added benefit.

Whether you serve it for breakfast, brunch, lunch or a snack, this all-around cake will steal the show. The moist inside along with tart cranberries topped with a sticky brown sugar pecan glaze presents the ultimate enticement.

Best of all, this bakery beauty look-alike is easily assembled using pantry-friendly ingredients. Since convenience is always a top priority, consider using leftover baked sweet potatoes or canned sweet potatoes in this recipe. After baking in the oven, be sure to invert the cake onto a serving platter to maximize the appeal of this impressive treat. Best of all, you can make this coffeecake ahead of time – it tastes equally good after being frozen and thawed.

The natural sweetness of the Louisiana yams combined with baking mix creates a soft, pull-apart cake. Topped with the gooey praline topping, each delectable bite melts in your mouth. By including Louisiana yams, you get the bonus of added nutrition, making this showstopper nutritious and delicious. Sweet potatoes provide twice the recommended daily allowance of vitamin A and more than one-third of the requirements for vitamin C. They are also an important source of vitamin B6, iron, potassium, fiber and beta-carotene.

For more information about Louisiana sweet potatoes, visit www.sweetpotato.org or write to the Louisiana Sweet Potato Commission, P.O. Box 2550, Baton Rouge, La. 70821-2550. Free recipes and nutritional information about sweet potatoes are available on the Web site, courtesy of the commission.

***Sweet Potato Praline Coffee Cake**

Makes 12 servings

4 tablespoons butter
2/3 cup plus 3 tablespoons light brown sugar, divided
2 tablespoons light corn syrup
1/2 cup chopped pecans
2 1/2 cups biscuit baking mix
1 (15-ounce) can sweet potatoes (yams), drained and mashed or 1 cup mashed sweet potatoes
1/3 cup skim milk
1/4 cup dried cranberries

Preheat oven to 400°F.

In a 9 x 9 x 2-square non-stick baking pan, melt the butter in the oven. Stir in 2/3 cup brown sugar and corn syrup and spread the mixture evenly in the pan. Sprinkle with pecans.

In a large mixing bowl, beat together the biscuit baking mix, sweet potatoes, and milk until the dough forms a ball. Turn dough onto a surface dusted with baking mix, knead several times and roll or pat into a 12-inch rectangle. Sprinkle with the remaining 3 tablespoons brown sugar and cranberries. Roll up the dough jellyroll style from the longer side. Cut crosswise into one-inch pieces and arrange sitting on top of the pecan mixture in pan. The dough will spread when baking. Bake for 25 to 30 minutes or until golden brown. Immediately turn upside down onto serving plate.

To Prepare and Eat Now: Eat when ready.

To Freeze: Cool to room temperature, wrap, label, and freeze.

To Prepare After Freezing: Thaw to room temperature and serve. The coffee cake may be reheated in the oven at 350°F. or in the microwave.

Nutritional information per serving, Calories 276, Protein (g) 2, Carbohydrate (g) 43, Fat (g) 11, Calories from Fat (%) 36, Saturated Fat (g) 4, Dietary Fiber (g) 1, Cholesterol (mg) 10, Sodium (mg) 360, Diabetic Exchanges: 3 starch, 2 fat

*This recipe is from *Holly Clegg's Trim & Terrific™ Freezer Friendly Meals Cookbook* (Running Press, \$19.95), For more recipes, visit www.hollyclegg.com.

PHOTO CAPTIONS:

Main photo: Sweet Potato Praline Coffee Cake, photo courtesy of David Humphreys

Secondary photo: Holly Clegg, author of the Trim & Terrific™ cookbook series