



## Sweet Potato Makeover

Turn Marshmallowy Goop into Mouthwatering Good



Luckily, there are a few easy ways to avoid the Mrs. Claus look during the holidays. Choose white meat instead of dark, nix the fatty gravy, go for baked potatoes over mashed, and when you're asked to bring a dish – make it healthy!

Along those lines, let's talk sweets – sweet potatoes, that is. This buttery, marshmallow-covered, sugar-filled side often contains more than 400 calories per serving. Fortunately, we got our paws on a slimmed-down, full-flavored sweet potato **recipe from nutrition expert and author [Christine Avanti](#)**. Try it out!

### Skinny Sweet Potato Casserole

*Sweet Potatoes*

- 3 pounds sweet potatoes (about 4 large), peeled,

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- cut into 1-inch pieces
- 1 large egg
- ¼ cup coconut sugar
- ¼ tsp allspice
- 1 cup cranberries
- Pinch of salt



#### The Hair Down There

More terrifying than Saw. More painful than a nap-on-the-beach sunburn. More horrifying than being trapped in an elevator with Speidi...it's the Brazilian bikini wax!

#### *Topping*

- 1 cup cornflakes, crushed
- 1/2 cup (packed) coconut sugar
- 1/2 cup chopped walnuts
- 2 tablespoons unsalted organic butter, melted
- 2 tablespoons coconut oil (virgin, cold pressed), melted

#### *Directions*

Sweet Potatoes: Preheat oven to 400°F. Cook sweet potatoes in large pot of boiling water until tender, about 15 minutes. Drain; transfer potatoes to large bowl. Using electric mixer, beat until smooth. Add egg, sugar, spice and salt; beat to blend. Fold in cranberries. Transfer mixture to 8 x 8-inch baking dish. Bake potatoes until beginning to brown around edges, about 20 minutes.

Topping: Mix all ingredients together in a medium bowl. Spoon topping over potatoes. Bake until golden brown, about 10 minutes longer.

Just 176 calories and 6 grams of fat...fab! For more from our amazing FFF nutrition adviser Christine Avanti, [visit her website](#).

*what you read is our little secret. J.K.* →

