

Yam Biscuits

Ingredients

Yams, canned in syrup, undrained	16 ounce can
MixQuick	3 cups
Butter, melted	2 Tbsp
Cinnamon (optional)	Few pinches

Directions

1. Preheat oven to 400°F.
2. Mash undrained yams in a bowl.
3. Add MixQuick, melted butter and cinnamon, if using.
4. Mix together with a wooden spoon. If mixture is too sticky to pick up, continue to add more MixQuick until it can be handled.
5. On a surface sprinkled with MixQuick, knead the dough, adding more MixQuick if it is still sticky.
6. Spread out dough with hands or rolling pin to about 1/2-inch thickness. Cut with biscuit cutter and arrange on an ungreased baking sheet.
7. Bake for 12-15 minutes, or until golden brown.

*Delicious tip: Mix brown sugar and a little crushed pineapple with butter for a sweet, buttery spread.

Nutrition Facts

	Per Recipe	Per Biscuit
Calories:	1747	79
Total Protein:	9.1 g	0.4 g
Phe:	378 mg	17 mg (1 1/2 exchanges)
Leu:	524 mg	24 mg (1 exchange)
Met:	110 mg	5 mg