



RECIPES WITH

'UALA

TOTAL TIME: 1 HOUR 30 MIN

'UALA BITES

INGREDIENTS

- 2 medium Okinawan sweet potatoes
- 1 1/4 c pecans* chopped and finely coarse
- 1 cup all purpose flour (gluten free if needed)
- 1 tsp ground cinnamon
- 1/2 tsp Kosher salt
- 1/2 c maple syrup or ¼ c honey
- 1/4 tsp nutmeg
- 1 Tbsp vanilla extract
- 1 tsp olive oil
- 1/2 c white chocolate chips

*Able to substitute with macadamia nuts, peanuts, almonds, walnuts, cashews, or nuts of choice

INSTRUCTIONS

- Preheat oven to 400°F. Pierce sweet potatoes with a fork, wrap in foil, and bake for 45-50 minutes until tender. Cool, peel, and mash in a bowl.
- Chop ¼ cup of pecans in a food processor and set aside. Process 1 cup of pecans to a coarse sand texture, then mix with flour, cinnamon, nutmeg, and salt.
- Combine the dry mixture with the mashed sweet potatoes, maple syrup, and vanilla in a large bowl until a dough forms.
- Shape the dough into 1½-inch balls and place on a parchment-lined baking sheet.
- Melt chocolate chips with olive oil in the microwave. Drizzle over the sweet potato bites and top with reserved chopped pecans.
- Refrigerate for at least 30 minutes to set. Enjoy!



Learn more at polhi.org/aipono

Nutrition Facts

servings per container

Serving size (30g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 11g 4%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 2g Added Sugars 4%

Protein 1g

Vitamin D 0mcg 0%

Calcium 16mg 2%

Iron 0mg 0%

Potassium 23mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

♦ 1 SERVING = 1 'UALA BITE