

## FRIED or BAKED SWEET POTATO HAND PIES



Well it's almost Thanksgiving and time to start thinking or rethinking Sweet Potatoes and fun ways to use them. Although, Sweet Potatoes are a great offering pretty much year round we usually don't do much with them until this time of year. This is a fun and simple dessert that can be made with fresh mashed roasted sweet potatoes or with mashed canned sweet potatoes. What's really nice is that the kids can easily make a project out of these on a cold late fall afternoon or for a Thanksgiving Day dessert the kids can make as their contribution to the feast!. For the kids I would recommend the baked option rather than the fried. Enjoy

### **Ingredients:**

1 pound or 2 cups Sweet Potato - mashed

¼ cup Agave Syrup or Honey

½ teaspoon cinnamon

¼ teaspoon all spice

¼ teaspoon salt

1 egg yolk

½ teaspoon vanilla extract

Caramel Sauce

Honey or Sugar glazed roasted pecans or walnuts

2 – 3 packages of Pillsbury Refrigerated Pie Crusts

Procedure:

1. Preheat the oven to 350 degrees.
2. Combine the mashed sweet potatoes, Agave syrup, spices, salt, egg yolk, and vanilla in a bowl until well blended.
3. Remove the pie crusts one at a time and flatten out on a cutting board
4. Using a glass or a 3 inch cookie cutter cut the crust into 3 inch rounds.
5. Place a Tablespoon or so of filling into the center of the round.
6. Dip your index finger in a glass of warm water and run in it around the edge of the dough circle.
7. Fold the round in half to create a half moon. Press the edges with your fingers to seal and then use a fork to "crimp" the edge.
8. Place on a lightly greased cookie sheet and repeat until the filling is gone.
9. Bake for about 12 minutes or until golden brown.
10. Transfer to serving dishes and drizzle with Caramel Sauce and sprinkle with the pecans or walnuts.
11. Enjoy.

Note: If frying heat oil in a deep skillet and fry in batches for 3 -4 minute at 350 degrees, drain and serve with a small scoop of vanilla ice cream!