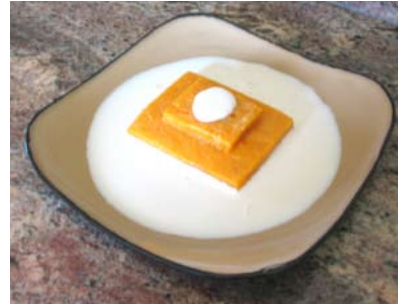




Bako Sweet Sweet Potato Ice Cream

- 2 cups mashed or pureed cooked
Bako Sweet Sweet Potatoes -
Diane (garnet red) or White varieties
- 1 pkg. unflavored, unsweetened gelatin
- ¼ cup water
- 1 cup undiluted, unsweetened frozen
orange juice
- ½ tsp ground ginger
- ½ tsp cinnamon
- ½ tsp nutmeg
- ½ cup nonfat milk



Dissolve gelatin in water. Mix all ingredients together, stir often until mixture is well combined. Put in 9x13 lasagna dish. Freeze. Cut into squares to serve.

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Another delicious choice from Country Sweet Produce