

Purple Sweet Potato Biscuits

Happy New Year, friends and fans!

So to be perfectly honest, I haven't done a lot of cooking since January 1. We've relished in some easy dinner like grilled cheese and tomato soup, grilled chicken with steamed veggies and even ordering in Chinese food. But yesterday I tried a little baking and the result turned out so funny, I thought I would share.

I recently bought some organic veggies, including purple sweet potatoes. These potatoes are the same size and shape as regular sweet potatoes, but the insides are a vibrant purple (think the color of Barney or pansies!!) When I roasted the purple sweet potatoes, they were beautiful, but when I used them in this biscuit recipe, they turned out to be a purplish/blueish/greenish color instead! We were all entertained and they were really funny to see. But the taste and light, fluffy texture was great.



So here's the recipe for you to try. This is NOT my recipe. It's from www.foodnetwork.com with the original recipe provided by "Mama Dip", whoever that is. You can use regular sweet potatoes if that is what you can find, but I assure you that the purple variety is much more entertaining. Enjoy!

I will work on new crock pot recipe



2 cups cooked, mashed sweet potatoes (skins removed)

1 stick butter, melted

1 1/4 c. milk

4 cups self-rising flour

3 T. sugar

pinch of baking soda

Mix together the sweet potatoes, butter and milk until well blended. Stir in the flour, baking soda and sugar. Shape the dough into a ball and knead about 10 times on a well-floured board. Roll the dough out 1-inch thick and cut with a biscuit cutter. Bake in a greased baking pan in a 400-degree oven for 15-20 minutes or until brown on top.

((if you don't have self-rising flour you can substitute with all purpose flour and a few more ingredients and the result will be the same. 1 c. self-rising flour= 1 c. all-purpose flour+ 1 1/2 t. baking powder+ 1/2 t. salt))

Yields: 15 biscuits