

Pointers For Parents

Yummy Easy Recipes From The Yamster

by *Yamster the Hamster*

(NAPSA)—Eating right is important for lifelong health, and one way that children can learn just how delicious nutritious foods can be is for children to help parents prepare simple recipes.



Yamster the Hamster

I'm happiest when I get to eat sweet potatoes, which are also called yams. A yummy way to get vitamins A and C, yams can be baked with marshmallows, fried until they are crispy like chips

and even made into desserts or pancakes.

Whoever named them sweet potatoes was right. They are sweet as candy—and oh so good for you.

If you want to get enough energy to spin your exercise wheel for hours, you may want to try the following recipe. Be sure to have your parents' help with cooking:

Yam Cupcakes with Orange Buttercream Icing

A cake mix and a can of sweet potatoes magically turn into moist tasty cupcakes iced with the ultimate orange icing. Top with sprinkles, if desired.

- 1 (18.25-ounce) yellow or butter cake mix**
- 2 teaspoons ground cinnamon**
- 1 (15-ounce) can sweet potatoes, drained and mashed, or 1 cup mashed sweet potatoes**
- 2 eggs**
- 2 tablespoons canola oil**
- 1 cup water**
- Orange Buttercream Icing (see recipe)**



Foods that are good for you can also be sweet and delicious. A good example is the yam.

Preheat the oven to 350° F. In a mixing bowl, combine the cake mix, cinnamon, sweet potatoes, eggs, oil and water and mix until well blended. Transfer batter into cupcake paper-lined tins and bake for 18 to 22 minutes or until the center bounces back to touch. Cool and ice with Orange Buttercream Icing (see recipe).

Orange Buttercream Icing

- 4 tablespoons butter**
- 1 (16-ounce) box confectioners' sugar**
- ¼ cup orange juice or more if needed**
- 1 teaspoon vanilla extract**

In a mixing bowl, cream the butter and gradually add the confectioners' sugar and orange juice until smooth and creamy. Add vanilla and frost the cupcakes.

Makes 24 cupcakes

For more kid-friendly recipes, visit www.sweetpotato.org.

Yamster the Hamster is the mascot for the Louisiana Sweet Potato Commission.