

Sweet Potato Breakfast Biscuits

Yield: 11 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/swedish-breakfast-biscuits-recipe>

Ingredients:

- 3 1/2 ounces sweet potato cooked + well-mashed
- 1 1/2 cups all-purpose flour
- 1/2 tablespoon granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter cold and cut into pieces
- 1/2 cup milk whole or 2% works best
- jam
- cheese
- bacon
- eggs
- biscuits

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 40 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 5 grams
8. Sodium: 340 milligrams
9. Sugar: 3 grams

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