

# *A Taste of 5 a Day*



## *Black Churches United for Better Health* Cookbook



# Maple Ginger Bread

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*Mt. Hebron AME Zion Church*

From the kitchen of **Ola Pierce**

**1 cup maple syrup**  
**1 cup plain low-fat yogurt**  
**2 egg whites**  
**2 cups sifted all purpose flour**  
**1 teaspoon baking soda**  
**1½ teaspoon ginger**  
**½ teaspoon salt**  
**4 tablespoons vegetable oil**  
**4 cups fruit cocktail in natural juice**

Preheat oven to 350°. Blend syrup with yogurt and egg whites. Sift dry ingredients into syrup mixture. Add oil and beat thoroughly. Grease an 8 x 12 inch baking pan with cooking spray. Line pan with brown paper to prevent sticking. Pour mixture into baking pan. Bake for 30 minutes. Serve with fruit cocktail. Yields 8 helpings (  $\frac{1}{8}$  loaf and  $\frac{1}{2}$  cup fruit cocktail).

Calories 375, Fat 8 g, % Calories from Fat 19, % Calories from Saturated Fat 3, Sodium 347 mg

# Sweet Potato Biscuits

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*London Baptist Church*

From the kitchen of **Eliza Ann Bowser**

**½ cup sweet potatoes, cooked and mashed**  
**2 tablespoons sugar**  
**2 cups self-rising flour**  
**¼ cup solid shortening**  
**3 tablespoons skim milk**  
**¼ cup applesauce**  
**10 cups fresh fruit, sliced**

Preheat oven to 375°. Mix potatoes, sugar, flour, shortening, milk, and applesauce together. Knead well. Roll out on floured surface and cut into biscuits. Bake until done or about 1.5 minutes. Serve with ½ cup sliced fresh fruit. Yields 20 helpings (1 biscuit each).

Calories 107, Fat 3 g, % Calories from Fat 24, % Calories from Saturated Fat 6, Sodium 168 mg



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Heavenly Father,

We thank You for wellness in our lives which comes through proper nutrition and your good grace. Thank you again for the 5 a Day program which has taught us the importance of good health through proper diet and the consumption of fruits and vegetables. Continue to bless us, dear Lord, with good health and bless the staff of the 5 a Day project. In Christ, our Lord's name, we pray.

Amen

*by Rev. Johnson, Pleasant Hill Baptist Church*

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