

## Sweet Potato Pone

### Ingredients:

- 3 c. grated sweet potatoes
- 1 c. molasses or dark cane syrup
- 2 tsp. ground ginger
- 2 tsp. baking powder
- 1 tsp. salt
- ½ c. vegetable oil



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“North Dakota Food and Culture  
A Taste of World Cuisine”

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### Directions:

- In a 3-quart saucepan, combine sweet potatoes, molasses, ginger, baking powder, salt and vegetable oil. Simmer slowly, stirring constantly, for 10 minutes. Pour into well-greased 9-inch baking pan. Bake at 325 degrees F for 30 minutes stirring every five minutes for the first 20 minutes. Smooth down the top and allow to brown. Cut into squares and serve hot or cold.

*Makes 10 servings. Per serving: 210 calories, 8 grams (g) fat, 1 g protein, 37 g carbohydrate and 420 mg sodium.*

**NDSU** EXTENSION  
SERVICE