Sweet Potato Custard

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical, Cognitive

What You Need:

1 cup cooked sweet potato, mashed
½ cup banana (about 2 small), mashed
1 cup evaporated milk, fat-free
2 T brown sugar, packed
2 egg yolks, beaten
½ t salt
Non-stick cooking spray, as needed
¼ cup raisins
1 T sugar
1 t ground cinnamon

What To Do:

1. Have your child help mash the sweet potatoes and bananas in a medium bowl. Together, stir together sweet potato and banana. Talk about how the texture and color of the ingredients are changing.
2. Have your child add milk to the mixture, as you blend the mixture well.
3. Have her add brown sugar, egg yolks, and salt and continue to mix thoroughly. Talk about how the mixture changes as each ingredient is added and stirred together.
4. Spray a 1-quart casserole with non-stick cooking spray. Have her spoon the mixture into the casserole dish.
5. Have her combine raisins, sugar, and cinnamon in a small bowl and together sprinkle it over top of sweet potato mixture.
6. Bake in a preheated 325 degree oven for 40-45 minutes or until a knife inserted near center comes out clean.
Adapted from: