1. In a large mixing bowl, combine flours, baking powder, salt, cinnamon, nutmeg and walnuts. Set aside.

2. Combine sweet potatoes, sugar, butter, vanilla and milk; add to flour mixture and mix well.

3. Turn out onto a floured surface; gently knead 3 or 4 times. Roll dough into ½ inch thickness. Cut with a 2 inch biscuit cutter and place on a lightly greased baking sheet.

4. Bake at 450°F for 12 minutes or until golden brown.

Yield: 18 biscuits

Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.