



S w e e t P o t a t o B i n d e r M e d a l s



4 Servings



140 minutes

Ingredients :

- 1lb crab meat
- ½ cup mashed sweet potato
- 1 egg
- Gluten -free oats
- Spices



Instructions :

1. Mix ingredients .
2. Shape medals .
3. Freeze for later cooking .