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Old Fashioned Potato Candy

Introduction

Old-fashioned potato candy is a delightful treat that combines the unexpected flavor of

potatoes with the sweetness of sugar and peanut butter. This nostalgic recipe hails from simpler times, often made by families looking to create something unique and delicious with readily available ingredients. The creamy texture and rich taste make it a fun and satisfying dessert that can be enjoyed by both kids and adults alike.

Detailed Ingredients with measures

Potato: 1 medium-sized, peeled and cooked

Powdered sugar: 2 cups

Peanut butter: 1 cup

Vanilla extract: 1 teaspoon

Salt: 1/4 teaspoon

Coconut flakes (optional): 1 cup

Prep Time

30 minutes

Cook Time, Total Time, Yield

Cook Time: 0 minutes

Total Time: 30 minutes

Yield: Approximately 24 pieces



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Detailed Directions and Instructions

Step 1: Prepare Potatoes

Peel and boil the potatoes until they are soft. Drain them thoroughly and mash them until smooth. Allow the mashed potatoes to cool.

Step 2: Combine Ingredients

In a mixing bowl, combine the cooled mashed potatoes with powdered sugar and vanilla extract. Mix well until the mixture is smooth and fully integrated.

Step 3: Form the Candy

Dust a clean surface with powdered sugar. Take a small portion of the potato mixture and roll it into a log shape or form it into bite-sized pieces.

Step 4: Add Peanut Butter

Spread peanut butter over the formed potato candy pieces. You can either coat them completely or just on one side.

Step 5: Chill the Candy

Place the formed pieces on a baking sheet lined with parchment paper. Refrigerate the candy for a few hours until they are firm.

Step 6: Serve and Enjoy

Once chilled and firm, the potato candy is ready to be served. Cut into slices or pieces as desired.

Notes

Storage

Store the potato candy in an airtight container in the refrigerator to maintain freshness.

Variations

Feel free to add your favorite toppings or flavorings, such as chocolate coating, nuts, or coconut, to enhance the flavor.

Texture

For the best texture, ensure that the mashed potatoes are completely smooth and free of lumps before mixing with other ingredients.



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Cook techniques

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