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Sweet Potato Tots with Jalapeño Garlic Ranch Dipping Sauce Shopping List

- 3 medium sweet potatoes
- Cinnamon
- Kosher salt
- Flour
- Panko bread crumbs
- 2 eggs
- Cooking spray
- 2% Greek yogurt
- Low-fat buttermilk
- Low-fat mayo
- Dijon mustard
- Fresh garlic
- 1 jalapeño pepper
- Fresh chives
- Fresh parsley
- Freshly ground pepper