

# Mashed Sweet Potato - Sweet or Savory

Healing Benefits: Fiber & Vitamin A- an immunity booster!



 4 servings  20 minutes

## INGREDIENTS

2 lbs sweet potato (peeled and cut into 1 inch pieces)

¼ cup (or more) warmed milk\*

2 Tbsp butter, melted\*

¼ Tsp salt

\*warmed dairy products absorb faster and easier

## DIRECTIONS

1. Bring a large pot of salted water to a boil
2. Carefully add sweet potatoes, cook uncovered for 15 minutes or until fork can easily be inserted
3. Drain sweet potatoes in a colander to remove all water
4. Return to the pan, using a hand mixer or potato masher, mash potatoes until smooth or desired consistency is reached.
5. Fold in warmed milk, butter and salt. Add more milk as needed.

6. Serve immediately

Flavor Variations

Sprinkle in cinnamon & nutmeg

Add fresh rosemary & garlic

Add garlic powder, chili powder, onion powder & paprika

Add parmesan or cheddar cheese

Sweeten with pure maple syrup

Nutrition Facts

Serving: 1 Cup

Calories 169

Amount	% Daily Value*	Amount	% Daily Value*
<b>Total Fat</b> 4.1g	6%	<b>Total Carbs</b> 31g	10%
<b>Saturated</b> 2.6g	13%	<b>Dietary Fiber</b> 5g	18%
<b>Cholesterol</b> 11mg	4%	<b>Sugars</b> 7g	
<b>Sodium</b> 185 mg	8%	<b>Protein</b> 3g	6%
<b>Calcium</b> 6%	<b>Iron</b> 5%	<b>Vitamin A</b> 432%	<b>Vitamin C</b> 6%

\*Percent Daily Values are based on a 2000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.