

Sweet Potato Mash

Serves 4-6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 6 cups sweet potatoes, peeled and diced
- 3 tablespoons extra virgin olive oil
- ½ teaspoon salt

Directions

1. Steam sweet potatoes for about 10 minutes, or until tender.
2. In a food processor, add about half of the sweet potatoes and puree with olive oil and salt. Add the remaining sweet potatoes and puree until smooth. Serve warm.

Notes

Add more flavor with fresh thyme, cinnamon, and/or nutmeg if desired.

Sweet potatoes can also be mashed by hand, or by using an immersion blender.

Recipe from Meals to Boost Energy, Fall 2016