

Maple Mashed Sweet Potatoes

Creamy maple mashed sweet potatoes make a simple and delicious side dish for any night of the week or special holiday meal. *You can speed up the prep of this dish by baking the sweet potatoes in the microwave.*

🕒 Prep: 10 mins Cook: 40 mins Total: 50 mins



Servings: Serves 4

1x

2x

3x

INGREDIENTS

- 1½ lbs. sweet potatoes or yams (5 medium)
- 1 Tbsp. coconut oil, ghee or butter (use coconut oil for vegan option)
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 2 Tbsp. pure maple syrup
- 1/4 tsp. salt
- 1/4 cup chopped candied pecans
- 1/4 cup candied pecan, halves

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Bake sweet potatoes for 30-40 minutes or until sweet potatoes are soft to touch. May bake sweet potatoes in microwave for quicker prep or bake sweet potatoes up to 2 days before.
3. Remove sweet potatoes from oven and let set for 5-10 minutes.
4. Remove skins and add cooked potatoes to a mixing bowl and mash until potatoes reach desired creaminess. May also use electric mixer.
5. Fold in remaining ingredients, except for whole pecans. Transfer to small baking dish. Top with candied pecan halves and a dusting of cinnamon. Place back in oven for 5-10 minutes to heat through.

NOTES

This recipe pairs nicely with a slow cooked pork roast, roast turkey or bacon wrapped chicken breasts. And they're especially tasty and comforting during the fall and winter seasons!

NUTRITION INFORMATION

Serving Size: 1/2 cup Calories: 143 Fat: 4g Sodium: 200mg Carbohydrate: 26g
(Fiber: 3g Sugar: 8g) Protein: 2g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo Vegan Vegetarian

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