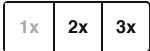
Maple Mashed Sweet Potatoes

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



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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