

# MASHED SWEET POTATOES

*Great side to any dish!*

<b>ESTIMATED PREP TIME</b>	15 minutes
<b>DEGREE OF DIFFICULTY</b>	Easy
<b>SERVINGS</b>	1
<b>TYPE</b>	Sides



## INGREDIENTS

<b>1 1/2 LBS</b>	Sweet potatoes, (about 3 medium)
<b>3/4 CUP</b>	“Lite” coconut milk (you may also use regular coconut milk)
<b>1 TBS</b>	Minced fresh ginger
<b>1/2 TSP</b>	Sea salt

## DIRECTIONS

1. Boil potatoes (or baked) until tender.
2. When cool enough to handle, peel off and discard skin.
3. Transfer the sweet potatoes to a medium bowl and mash thoroughly with a potato masher. Add coconut milk, ginger and sea salt; stir well.
4. Reheat in the or in the oven for 8 to 10 minutes. Serve warm.

## Cooking Tips:

When buying sweet potatoes, select firm, well-shaped roots; avoid those with soft spots or any signs of decay.

Sweet potatoes are a versatile food that can be used in most recipes calling for potatoes, pumpkin, squash and even bananas when use in breads, cakes and cookies

