

Sweet Potato Mash

Makes about 5 servings

2 medium sweet potatoes (3 cups mashed)
1 T unsalted butter or 1/4 cup coconut cream
1/4 t salt
1, 8oz. can crushed pineapple in juice



Chop sweet potatoes into one inch cubes. Add potatoes to a pot of boiling water ensuring there is enough water to totally cover all the potatoes. Boil until tender. Drain the potatoes and transfer to a bowl. Add butter and salt and mash with a fork or a hand mixer. Fold in pineapple and enjoy.

Nutrition information per serving (1/2 cup): 180 calories, 2.5 fat (1.5g saturated fat) (more if coconut milk used), 3g protein, 170mg sodium, 5g dietary fiber. Excellent source of vitamin A (620% DV), and vitamin C.

