



Sweet Potato Mash

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

111.8 calories, 26.16 g carbohydrate, 3.9 g fiber, 22.26 g NET carbs, 2.04 g protein, 0.07 g fat

Ingredients

- 4 medium(s) organic sweet potatoes, peeled, cut in 1/2" pieces

Preparation

1. Add filtered or spring water to a large pot and bring to a boil.
2. Add potatoes and boil potatoes for 10-15 minutes or until they are soft but not falling apart.
3. Drain potatoes and place in a large bowl.
4. Mash with a potato masher until smooth.
5. Serve.

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