



MAPLE MASHED SWEET POTATOES

PREP: 10 min COOK: 1 hr
TOTAL: 1 hr 10 min SERVES: 6

4 large sweet potatoes
4 tablespoons unsalted butter
3 tablespoons pure maple syrup
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup milk
Salt to taste
Nutmeg for garnish, optional

1. Preheat oven to 400 degrees.
2. Bake the sweet potatoes for 1 hour or until tender. Cool slightly; peel. Discard peels and place the flesh in a mixing bowl.
3. Mash the sweet potatoes. Add the butter, syrup, cinnamon, nutmeg and milk; stir until butter is melted.
4. Add salt to taste and garnish with nutmeg, if desired.