

Make Some Mashed Sweet Potatoes – Use either canned or fresh!

Maple Sweet Potatoes Makes 2 servings

2 medium sweet potatoes
2 tablespoons plain, non-fat yogurt
1 tablespoon maple syrup
1 tablespoon orange juice
¼ teaspoon cinnamon

1. Wash potatoes. Prick potato skins with a fork.
2. Microwave on high for 5-7 minutes, until soft and easily pierced with a knife.
3. Scoop out the pulp into a medium bowl.
4. Mash the pulp and stir in yogurt, maple syrup, orange juice and cinnamon.

5. Transfer to a microwave-safe bowl and microwave for 1-2 minutes.

Recipe from www.fruitsandveggiesmorematters.org

Mashed Sweet Potatoes Makes 5-6 servings

2 cans (about 15 ounces each) or 1 large can (about 29 ounces) sweet potatoes
2 tablespoons brown sugar or maple syrup
2 tablespoons tub margarine or butter, softened
¼ cup orange juice
¼ teaspoon cinnamon

Drain and rinse sweet potatoes.

Place sweet potatoes in a large mixing bowl.

Add all other ingredients and mix until combines. Then mash completely using a mixer, fork, or potato masher.

Place in a microwave-safe dish with lid and heat on high for about 3 minutes. Stir. Heat on high for another 1-2 minutes or until heated evenly.

From The Interfaith Food Pantry
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