

Starters, Sides, and Complements

Maple Sweet Potatoes

**Vegetarian, Gluten-Free*

Maple syrup is a great sweetener to use because it is an unrefined natural sweetener. Also the color of this dish makes for nice food presentation. And this is a “kid approved dish”!

You'll need

- 3 medium sweet potatoes, peeled and quartered
- 1 to 2 tablespoon maple syrup
- 3 teaspoons butter
- ¼ teaspoon salt
- ¼ cup to 1/3 milk

Directions

- In a medium saucepan cook potatoes, covered, in a small amount of boiling water for 30 to 35 minutes or until very tender; drain.
- Mash with a potato masher then beat with an electric mixer on low speed.
- Add maple syrup, butter, and salt.
- Gradually beat in enough milk to make potato mixture light and fluffy.



Play with Your Food

- Add a pinch of nutmeg
- Add a pinch of cinnamon
- Topped with some finely chopped pecans