



*cara price*

## MASHED SWEET POTATOES

### INGREDIENTS

- 2-3 large, white flesh sweet potatoes
- 2 tablespoons olive oil
- 2 tablespoons light coconut milk
- 1 teaspoon salt + more to taste
- 1/2 teaspoon pepper + more to taste

### DIRECTIONS

peel potatoes & cut into large chunks. place into a medium size pot & cover with water.

bring to a boil, then reduce heat to medium. {this should be a slower boil, but not all the way down to a simmer}

cook about 30 minutes, check to make sure potatoes are fork tender.

drain, then return to pan & use a hand held potato masher to mash potatoes. stir in olive oil, coconut milk, salt & pepper.

adjust seasonings if necessary.