MAPLE SWEET POTATO MASH

They're maple-y, sweet potato-y and loaded with the beta-carotene you need to help boost your immune system this holiday season. Their sweet taste and sweeter health benefits will give you two more reasons to be thankful this year.

**PREP TIME**  
30 mins

**COOK TIME**  
25 mins

**SERVINGS**  
3

**INGREDIENTS**
- 2 medium sweet potatoes, chopped and peeled
- 1/4 c milk or alternative (we like flaxseed beverage)
- 2 Tbsp maple syrup
- 2 Tbsp oil or butter (we like coconut oil)
- 3 Tbsp chopped pecans, raw or toasted
- 1/2 tsp salt
- 1/4 tsp nutmeg (optional)
- 1 tsp cinnamon (optional, but highly encouraged!)

**INSTRUCTIONS**
1. Place chopped potatoes in a large pot with water over medium/high heat to cook until tender (when a fork can easily pierce through).
2. While the potatoes cook, add oil or butter to a pan along with the pecans and cook on low to medium heat until the pecans are toasted and fragrant.
3. Once the potatoes are soft and the pecans are toasted, add all the ingredients to a large mixing bowl and use a potato masher to thoroughly mash and blend.
4. Add additional seasonings if needed and serve while warm.
5. Munch!