

MAPLE & SAGE SWEET POTATOES

INGREDIENTS

- 2 lbs. White Sweet Potatoes, *scrubbed and woody ends removed*
- 1 tsp Dried Sage
- 1 1/2 tbsp Maple Syrup
- 1 tsp Salt

INSTRUCTIONS

1. Wash and chop potatoes into 2-3 inch pieces.
2. Add potatoes to a pot and cover with cold water.
3. Bring to a boil, then drop to a simmer and let cook until fork tender.
4. When cooked, strain potatoes and mash by hand or with a mixer.
5. Add maple syrup, sage, and salt to mash and mix to incorporate.
6. Serve hot.



WATCH RECIPE VIDEO HERE!