

Mashed Sweet Potato



How to make the best Sweet Potato Mash in just 10 minutes

A delicious and easy way to enjoy sweet potato or potatoes.

Creamy, buttery and tasty, this sweet potato mash is a must try at your next Christmas BBQ!

Keep it healthy: Avoid marshmallows or brown sugar in this mashed sweet potatoes recipe.

Ingredients

2 large sweet potatoes

2 tbsp butter

1/4 tsp ground cinnamon

pinch of sea salt

Method:

1. Peel and cut into chunks 2 large sweet potatoes. Bring to the boil in a large saucepan of water, reduce heat and cook for 6 to 8 minutes or until fork tender. Drain.
2. Add butter, ground cinnamon and sea salt. Mash until creamy and smooth.