



Maple Mashed Sweet Potatoes

serves 2 – 3

1 large sweet potato, peeled and cut into large chunks

2 tablespoons cream or half-and-half

2 tablespoons butter, preferably goat milk butter

2 tablespoons real maple syrup

Salt and pepper to taste

Bring a quart of water to a boil in a heavy saucepan over high heat; add the sweet potato pieces and cook for 5 to 7 minutes, or until fork tender.

Drain and return to the pot; add the cream, butter and maple syrup and whip lightly with a hand mixer on the “low” setting, or mash with a potato masher. Taste; season with salt and pepper.

Serve immediately.