

# Sweet Potato Mash

*Swick*

Makes 4 cups | Active Time: 45 minutes | Total Time: 45 minutes

## Step 1: Preparing the Sweet Potato Mash

- 4 cups sweet potatoes, peeled and boiled or steamed
  - 1/4 cup unsweetened non-dairy milk
  - 3 tbsp non-dairy butter or olive oil
  - sea salt, to taste
  - freshly ground black pepper, to taste
- To prepare the mash, once the sweet potatoes are cooked, place in small pot on medium-low heat. Add the Non-Dairy Milk, butter or oil, salt and pepper. Mash well and serve warm.