

Steamed Purple Sweet Potatoes

Swick

Makes 3 servings | Active Time: 10 minutes | Total Time: 25 minutes

Step 1: Making the Dish

- 1 pound (450 g) purple sweet potatoes, peeled and cut into 2-inch cubes
 - One 13.5-ounce (400 ml) can or carton of organic coconut milk
- Steam potatoes for 10-15 minutes until tender. Remove from heat and let rest with lid on for 3-4 minutes.
- In a large bowl, mash sweet potatoes lightly with coconut milk.
- Note: The potatoes can be boiled rather than steamed, but they will lose some of their nutrients in this process.