



## *Adventures in Cooking* *Debbie Larch*

<https://niftysquirrel.com/adventures-in-cooking/recipes/>

### **Mashed Sweet Potatoes**

#### **Ingredients:**

5 or 6 sweet potatoes, peeled & cubed

1 stick butter

1/2 teaspoon salt

1/4 teaspoon black pepper (optional)

1 tablespoon honey or maple syrup (more or less to taste)

Sprinkle of garlic powder

#### **Instructions:**

- Peel potatoes and cut into quarters. Simmer in a large pot of water with 2 teaspoons salt added to water.
- After 20 minutes or so, test potatoes with fork to see if they are fully tender.
- When cooked, drain water.
- Add butter to bottom of pan and stir until melted. Using an electric mixer, mash the sweet potatoes with the butter, adding salt and pepper to taste. Add honey to sweet stirring thoroughly.

#### **Recipe notes:**

For the two of us, I cut this recipe in half.

Do not over sweeten the potatoes; the honey should be barely perceptible but it should enhance the natural sweetness of the potatoes.

Serve mounted with a pat of butter if desired.

Makes about four servings