

Sweet Potato Mash

A harvest favorite

INGREDIENTS:

- 1 Unflavored Juven[®] packet
- ½ cup cooked, mashed sweet potato, hot
- 2 tsp butter
- 2 tsp fresh lime juice, or to taste
- Freshly ground black pepper
- Pinch of salt

NOTES:

Garnish with fresh basil.



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SERVINGS: 1



DIRECTIONS:

STEP 1

Pierce a clean sweet potato in several spots and microwave on high for 5 to 7 minutes, depending on the potato size.

STEP 2

Remove potato from the microwave, place in a plastic or paper bag, and seal for 3 minutes.

STEP 3

Remove the potato, split it, and scrape the potato out of the skin into the bowl.

STEP 4

Mash the potato with a potato masher or fork. Add remaining ingredients, mix well, and serve.

Use Juven under medical supervision.