



BODYBUILDING.COM™

Whipped Sweet Potatoes

Ingredients

2 lbs. peeled sweet potatoes
1/2 cup coconut milk
1 tbsp brown sugar
1/2 tbsp butter
Cinnamon to taste
Salt to taste

Directions

1. Preheat the oven to 425 degrees F.
2. Wrap the sweet potatoes in aluminum foil and bake for 30-45 minutes, or until soft.
3. While the potatoes are baking, combine the remaining ingredients in a saucepan over medium heat.
4. When the sweet potatoes are done, remove and place in a bowl. Slowly add the milk mixture, beating together until the mixture is well blended and the potatoes are fluffy. Serve immediately.

Makes 4 servings.

Note: You can skip the sugar and butter if you're trying to reduce your total calorie count.

