



Side Recipes

Mashed Sweet Potatoes

Ingredients:

- 4-5 sweet potato
- 1 tsp cinnamon
- 1 tsp Chili powder
- 1 tsp brown sugar
- Splash OJ



Directions:

1. Preheat oven to 400 degrees
2. Place potatoes in the oven until tender, about 45 minutes
3. Place potatoes (with the skin) and seasonings in blender.
4. Mix until your preferred consistency (ie: if you like smooth mashed potatoes bend longer).

Enjoy!

Serving size:

2/3 cup= 170 calories, 27 grams carbohydrates, 2 grams protein