

## Maple Mashed Sweet Potatoes

### INGREDIENTS:

- 2 lbs. sweet potatoes
- ¼ cup maple syrup
- 2 tablespoons ghee
- ½ tsp ground nutmeg
- Salt and pepper to taste

### PREPARATION:

Peel and cut potatoes into large chunks. Place in a large bowl with 1 tsp salt, cover with cold water, and bring to a boil. Reduce the heat and simmer for 15-20 minutes, until tender. Drain and return to pot. Add the remaining ingredients, season with salt and pepper and mash with a potato masher or fork. Serve.

### NOTES FROM THE COOK:

Side