

Mashed Sweet Potatoes

Serving Size: 6 | Prep Time: 10 minutes | Cooking Time: 40 minutes



INGREDIENTS

6 sweet potatoes, peeled
and chopped
3/4 cup half and half (or
milk)
4 tablespoon butter

2 tablespoons maple syrup
Kosher salt
Freshly ground black pepper
Fresh thyme leaves, for
serving

DIRECTIONS

1. Place potatoes in a large pot and cover with at least 2" of water.
2. Add some salt to pot.
3. Bring to a boil and cook until potatoes are very tender, about 20 to 30 minutes.
4. Mash potatoes with fork or masher, and slowly add half and half (or milk), butter, and maple syrup.
5. Top with salt, pepper and thyme leaves.