

Mashed Sweet Potatoes

Did you know? Serve yourself and your kids a variety of different colored vegetables and fruits every day, because each color has its own unique phytochemicals, antioxidants, vitamins and minerals!

4 sweet potatoes

$\frac{3}{4}$ cup light coconut

OR

2 tablespoons orange juice

OR

2 ripe mashed bananas

milk

1 tablespoon butter

Bake sweet potatoes in a 350 degree oven for one hour or until soft. Remove from oven, and allow to cool slightly. Peel, mash, and add in the flavor of your choice (banana, coconut milk, or orange juice concentrate) with a tablespoon of butter. Stir until combined, then season with salt and pepper to taste. Serve warm.

Source: Cooking Light Magazine; November 2007. By: Executive Chef Billy Strykowski