

# Mashed Sweet Potatoes

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<https://brickhousenutrition.com/blogs/recipes/mashed-sweet-potatoes>

Prep Time: 25 mins   Servings: 3

## What You'll Need:

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ITEM	AMOUNT
Sweet Potatoes, cubed and boiled	3 each
Ghee	2 Tbsp
Ground Nutmeg	1 Tsp
Pink Himalayan Sea Salt & Cracked Black Pepper	1 Pinch

## Follow These Simple Steps:

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1. Start by bringing a large pot of water to a boil. Boil the cubed sweet potatoes for 15-20 minutes or until tender.
2. Add the cubed and boiled sweet potatoes to a large mixing bowl with the remaining ingredients and mash until pureed.
3. Enjoy as a healthy side dish.

LET'S SEE YOUR RESULTS! Tag [@brickhousenutrition](#) on Instagram!