

Mashed Up Magic



Sweet potatoes and the holidays seem to go hand in hand. Impress your guests with this healthy yet tasty treat. If you want to learn more about the health benefits of butter, click [here](#). I get compliments on this every time I cook for others, the secret is the vanilla coconut, who knew!

Serves 6

Total Time 30 min

Ingredients

3 sweet potatoes or yams (leave the skin on, that is where the nutrients are)
4 tbsp butter
1/2 cup coconut vanilla unsweetened milk (Pacific brand is the best)
1 glass cup (stay with me on this one, I promise it has a use)
dash sea salt to taste

Directions

1. Bring 4 cups of water to boil (you might have to add more or less to just cover potatoes)
2. Cut sweet potatoes into small 1" cubes, you don't get brownie points for perfectly cut cubes :)
3. Throw into the pot with a dash of sea salt
4. When you can easily poke a fork throughout the potatoes, remove and drain
5. Add butter and coconut milk
6. Take the glass cup and turn upside down using it to mash the potatoes, if you have the time and want to use a mixer or electric wand, go for it! I am all about what is easy and quick!
7. Take a large spoon and mix the rest of the way, if you need to add more coconut milk do so in addition to additional salt. Enjoy!

When possible, use organic, grass-fed meat and non-GMO ingredients. Eating healthy can be overwhelming, especially when cost is a factor. Do what you can, when you can. I encourage you to view eating as a spiritual practice. The act of sending positive energy and gratitude toward your food, not only increases its vibration, but connects you to the plant and animals that nourish your body.

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