

Mashed Sweet Potatoes

Recipe courtesy of *Diane Henderiks*

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Ingredients:

- 8 6.5-ounce servings
- 4 large sweet potatoes
- 2 teaspoons light brown sugar
- 1 tablespoon pure maple syrup
- 2 tablespoons freshly squeezed orange juice
- 1/4 teaspoon pure vanilla extract
- 3 cups lowfat buttermilk
- 1/8 teaspoon cinnamon

Directions:

1. Preheat oven to 375 degrees.
2. Place sweet potatoes on baking sheet and roast until tender about 40 minutes.
3. For easy removal of skin, peel potatoes while they are still warm.
4. In a large bowl, whisk together sugar, syrup, orange juice, vanilla, cinnamon and 1 1/2 cups of milk.
5. Add sweet potatoes and mash with potato masher, adding additional milk until desired consistency.