

SWEETPOTATO MASH



INGREDIENTS

4 tablespoons unsalted butter, cut into 4 pieces

½ cup yogurt

½ teaspoon salt

1 kg peeled sweetpotato

PREPARATION

1. Boil, covered, over low heat for about 30-40 minutes, until tender when poked with fork
2. Take off heat and drain the water
3. Add the butter, yoghurt and salt then mash the sweetpotatoes

Source: M. Morelli: The Sweet Potato Diet