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## **Mashed Sweet Potatoes**

### **Ingredients:**

Sweet potatoes, cubed, 3 medium

Pinch of salt Cinnamon (optional)

2% milk 1/4-1/2 cup (optional, higher calories)

### **Directions:**

1. Bring a medium pot of water to boil over high heat.
2. Prep sweet potatoes by peeling and cutting into small cubes, about 1/4-1/2 inch each.
3. Add prepped sweet potato to boiling water. Boil for about 10-15 minutes. The potatoes are done once they're easily pierced with a fork.
4. Remove pot from heat and drain excess water. Using a hand masher or spoon, begin to mash potatoes to desired consistency. Add salt for flavor.
5. At this point you can add the milk if desired, starting with 1/4 cup. Continue mashing and, if needed, add an additional 1/4 cup of milk.
6. Once the sweet-potato mash has reached your desired consistency, add a pinch of cinnamon.