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Mashed Sweet Potatoes

Prep Time: 10 minutes

Cook Time: 15-25 minutes

Cost per serving: \$0.16

What you need:

Utensils:

- Cutting board & knife
- Large sauce pan
- Measuring spoons & cups
- Large mixing bowl
- Potato masher or fork
- Mixing spoon

Ingredients:

- 4 medium sweet potatoes with skin
- 1 tablespoon margarine
- ¼ cup fat free milk
- ⅓ cup brown sugar
- 1 teaspoon cinnamon

What to do:

1. Wash your hands and clean your cooking area.
2. Fill a large sauce pan with water and bring to a boil.
3. Wash and cut sweet potatoes into small cubes.
4. Put potatoes in boiling water and cook until potatoes are soft (about 15-25 minutes).
5. Remove potatoes and place in a bowl.
6. Mash potatoes with potato masher or fork.
7. Add margarine, milk, brown sugar and cinnamon, and mix well.
8. Spoon into a bowl or plate and serve immediately.

Nutrition Facts

Serving Size 3/4 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	
Vitamin A 220%	Vitamin C 20%
Calcium 4%	Iron 2%