

Mashed Sweet Potatoes with Garlic
By: The Complete Slow Cooking for Two, Linda Larsen

Ingredients:

Nonstick cooking spray
4 large sweet potatoes, peeled and cubed
1 onion, chopped
6 garlic cloves, peeled
1/2 cup orange juice
2 tablespoons honey
1 teaspoon salt
1/8 teaspoon freshly ground black pepper
1/3 cup butter, at room temperature
1/2 cup heavy cream (milk or almond milk are options)

Instructions:

1. Spray the crockpot with nonstick cooking spray.
2. In the crockpot, combine the sweet potatoes, onion and garlic
3. Pour the orange juice and honey over everything, and stir. Sprinkle with salt and pepper.
4. Cover cook on low for 8 hours, or until the potatoes are tender.
5. Add the butter and cream (or substitute), mash using a potato masher, immersion blender or hand mixer, and serve.

Serves: 7 - 1 cup servings

Nutrition Information per serving: Calories: 306
(varies if using cream vs milk or almond milk)

Total fat: 13g; Sat. fat; 8g; Cholesterol: 38 mg; Carbohydrates: 45g; Fiber: 6g;
Protein: 3g

Gluten-free; soy-free; nut-free; vegetarian



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