

Mashed Sweet Potatoes (Whole30, Paleo, Vegan)

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INGREDIENTS:

- 3 Large Sweet Potatoes, peeled and roughly cubed
- 1/2 Cup Pumpkin Spice Nutpods
- 1 tsp Pumpkin Pie Spice
- 1 tsp Vanilla Extract
- 1 tsp Salt
- 1/4 Cup Miyokos Unsalted Vegan Butter(can also sub Ghee or Coconut Oil)
- 1 Tbsp Maple Syrup(omit for Whole30)

INSTRUCTIONS:

1. Bring a large pot of water to a boil and add Sweet Potatoes. Boil for 30 minutes then remove from heat and drain.
2. Place Sweet Potatoes in a blender along with Nutpods, Vanilla Extract, Pumpkin Pie Spice, Maple Syrup & Butter and process until smooth & creamy.
3. Sprinkle with additional Pumpkin Pie Spice and Enjoy!

MAKES 8 SERVINGS!

