

Maple Sweet Potatoes

6 medium to large sweet potatoes, steamed in microwave

Pure maple syrup, $\frac{1}{4}$ cup or less

Butter melted, about 1 tbsp

Sprinkle some sea salt into the mixture

Mash all ingredients, smooth top and brush with a little more maple syrup.

Variation: can add carrots to the mixture, cook and mash with yams.

Recipe from Sandy Palin