



Savory Sweet Potato "Butter" Recipe



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Servings: 6 servings

Contains: Natural Sugar

Nutrition Facts

Serving size: 1 tablespoon

Servings: 10

Amount per serving

Calories	110
% Daily Value*	
Total Fat 0.1g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 193mg	8%
Total Carbohydrate 25.9g	9%
Dietary Fiber 2.2g	8%
Total Sugars 2.7g	
Protein 2.1g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 0mg	2%
Potassium 395mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Ingredients

- 4 large sweet potatoes, peeled and cut into 2-inch chunks
- 1 teaspoon sea salt
- 1 tablespoon of honey
- 1/2 teaspoon ground cinnamon
- Pinch of black pepper

Instructions

- 1.) Peel and cut sweet potatoes. Boil in 1 quart of water, or roast at 350 F degrees for 15-20 minutes til tender or microwave in a microwave safe bowl til tender for 5 minutes and then 1 minute increments until completely tender.
- 2.) Put cooked/cooled sweet potato into a blender with remaining ingredients and blend til smooth and creamy.
- 3.) Store in a glass container in fridge for 1-2 weeks.

Enjoy with protein dishes as a side or/as a snack on wheat or oat bread, top with sliced of turkey or ham or a tart/sour fruit!

