



MASHED HONEY-ROASTED SWEET POTATOES

Intermediate Lifestyle

INGREDIENTS

6 pounds sweet potatoes, peeled and cut into 1-inch cubes
cooking spray
5 TBS honey, divided
4 TBS unsalted lite butter
3/4 TSP salt

INSTRUCTIONS

—Preheat oven to 375°.

—Place potatoes in a single layer on 2 large baking sheets coated with cooking spray. Lightly spray potatoes with cooking spray. Bake at 375° for 1 hour or until tender, stirring occasionally.

—Place the potatoes, 1/4 cup honey, butter and salt in a large bowl, and beat with a mixer at medium speed until smooth.

—Drizzle with 1 TBS honey.

SERVING INFO: (Yields 12 servings)

1/2 cup = 1 G

See photo of recipe at [Instagram](#) and [Facebook](#).