

Mashed Sweet Potatoes with Applesauce by Lynn's Recipes



Lynn demonstrates how to make mashed sweet potatoes with applesauce. This is delicious as a side dish for dinner or a holiday.

Ingredients:

- 2 pounds of sweet potatoes, peeled and cubed
- 2 Tablespoons butter
- ¼ cup real maple syrup
- 1 cup unsweetened applesauce, chunky or regular
- ½ teaspoon cinnamon
- ¼ teaspoon salt

Peel and cube sweet potatoes. In a pot, place sweet potatoes and cover with water. Boil until tender.

Place in a large bowl and mix with the rest of the ingredients with a potato masher or an electric mixer. Serve immediately.

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