

Fabulous Mashed Sweet Potatoes

30 MIN active, 30 to 45 MIN inactive

4 Cups

Easy

Ingredients

- 2 lbs sweet potatoes – either garnet, jewel, or any orange sweet potato
- 1 lb Hanna, also known as white sweet potato, or Japanese sweet potato
- ½ teaspoon Vietnamese cinnamon
- 1 teaspoon balsamic vinegar
- *Optional: 1 teaspoon orange zest*
- 4 tablespoons either butter, vegan butter, or coconut oil
- Salt to taste

Instructions

Bake the sweet potatoes

Preheat the oven to 400° F.

Pierce the sweet potatoes 2 or 3 times with a fork.

Line a rimmed sheet pan with a silicone mat. How long these take to bake will depend on how large your sweet potatoes are. I've had small ones cook in 20 minutes and large ones take up to 60 minutes or more. You want them to be quite tender so when you poke them with a fork it should go to the center like butter.

Mash the sweet potatoes

Once done and while still warm, cut the potatoes in half, lengthwise. Holding the sweet potatoes with a clean towel will help if the sweets are too warm for bare hands. Scoop out the sweet potato flesh into a food processor.

Add the rest of the ingredients

Add the cinnamon, balsamic vinegar, butter or coconut oil, and ½ teaspoon of salt while the sweet potatoes are still warm. Run the food processor for a minute or two, then scrape down the sides and run it again.

We discovered, quite by mistake, that walking away from the food processor and letting it run for a few minutes creates the absolutely most delicious texture.