



Fancy Mashed Sweet Potatoes

Recipe by: Holly Clegg

Ingredients:

- 6 Sweet potatoes, cooked and mashed
- 1 Cup canned, crushed pineapple
- 3/4 Cup pineapple juice
- 1/2 Stick butter or margarine, melted
- 1/3 Teaspoon each ground ginger, cinnamon and nutmeg
- 1 Cup walnut pieces
- 10 Marshmallows

Instructions:

Place sweet potatoes in a bowl. Add pineapple, juice, butter and spices; blend together. Mix in nuts and pour into oiled baking dish. Top with marshmallows and bake for about 40 minutes at 350 degrees.

Serving Size: 6-8

Cook Time: 45 minutes

Nutrition:

CAL 384 (46% from fat)

FAT 20g

PROTEIN 5g

CARB 49g

CHOL 21mg

SODIUM 98mg