

MASHED SWEET POTATOES, APPLES AND HONEY

**One 2 pound, 8 ounce can sweet potatoes (usually called yams) in syrup
drained**

2 tablespoons honey

1/2 teaspoon salt

1/4 teaspoon cinnamon

1/4 teaspoon nutmeg

1 cup chunky applesauce

In a large microwave-safe bowl, mash the sweet potatoes with a potato masher or fork. Stir in the honey, salt, cinnamon and nutmeg. Stir in the applesauce. Cover the bowl, then microwave on high for 3 to 5 minutes, or until hot, stirring once midway through. Serves 6

Gwen Graves

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