



# Honey-Orange Mashed Sweet Potatoes

Serves 2

## INGREDIENTS

- 2 medium sweet potatoes, peeled and cubed
- 1 orange, zested and juiced (about 1/2 cup OJ and 1/4 tsp. zest)
- 1 Tbsp. honey
- 1 tsp. Mrs Dash
- 1 Tbsp olive oil
- Pepper to taste
- Sprinkle cinnamon, optional

## DIRECTIONS

1. Place potatoes into large pot, and fill with enough water to cover. Bring to a boil, and cook until tender.
2. Drain well.
3. Add 1/4 to 1/2 cup orange juice, and 1/4 tsp. of orange zest, Mrs Dash, honey, olive oil, and pepper to potatoes and mash until smooth.
4. Adjust seasoning. Serve piping hot.



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