



APRICOT SWEET POTATO MASH



SERVES: 3-4 | PREP TIME: 10M | COOK TIME: 20M

DAIRY FREE GLUTEN FREE VEGAN VEGETARIAN

INGREDIENTS:

¼ Cup Crofter's Organic Premium Apricot Fruit Spread

6 Medium Sized Sweet Potatoes (~2 Cups Chopped)

1 Tsp Kosher Salt (Divided)

½ Tsp Black Pepper

½ Tsp Ground Cinnamon

½ Tsp Ground Nutmeg

1 Tbsp Olive Oil

Bay leaf (Garnish)

DIRECTIONS:

1. Begin by washing and peeling the sweet potatoes. Once done, chop into roughly 1-inch sized cubes. This will help reduce the amount of time they need to boil.
2. In a large sauce pot, add in the chopped sweet potatoes, ½ Tsp kosher salt and cover with water. Place a lid on the pot and boil the sweet potatoes until tender. About 15-20 minutes.
3. Once soft, remove from heat and carefully drain the water. Next, add in the Crofter's Organic Premium Apricot Fruit Spread, the remainder ½ Tsp kosher salt, black pepper, cinnamon, nutmeg, and olive oil.
4. Now mash together these ingredients using a potato masher until smooth. Garnish with a bay leaf or a sprinkle of ground bay leaf and keep warm until ready to serve. Enjoy!