



Sweet Potato Puree

***Serves 4**

4 Large Sweet Potatoes or Yams

Juice & Zest of 2 Organic Lemons

1/3 cup of Organic Butter, Ghee or Virgin Coconut Oil

2 Organic Free-range Eggs

1/2 tsp. Unrefined Sea Salt – “Le Paludier” brand

Optional Topping:

1/2-1 cup Organic Hempseeds for crusty topping

- 1. Thoroughly wash or scrub the skin of the sweet potatoes.**
- 2. Preheat oven to 375° F. Bake the sweet potatoes for approximately 30-40 minutes or until a knife or fork slides into the flesh easily. Alternatively, peel & roughly chop into wedges & steam until tender.**
- 3. Once sweet potatoes are baked and cooled, peel the skin off by slicing down the entire length of one side of each yam and peeling the skin off like a coat.**
- 4. Then place all ingredients in a food processor and whip. If mixing by hand, combine all ingredients in a large bowl and mash.**
- 5. Transfer mixture to a buttered ovenproof casserole dish and sprinkle with option hempseed topping.**
- 6. Bake at 375°F for approximately 20 minutes.**
- 7. Serve immediately or re-heat for breakfast with turkey or chicken sausage and wild greens.**