

## **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**

**Gregg County**

**Intermediate**