

Sweet Potato & Banana Mash



Ingredients

- 2 lb red sweet potato
- 2 bananas, medium, mashed
- 2 tbsp vanilla soy milk
- 1 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ginger, ground
- 1/4 tsp cloves, ground
- 1/4 tsp salt, kosher
- 2 tbsp orange zest, optional
- 2 tbsp brown sugar
- 4 oz pecans, toasted

Preparation

1. Wash, scrub, and peel sweet potatoes.
2. Cut into 1-inch cubes.
3. Fill a medium pot with 1 to 2 cups of water and transfer sweet potatoes. Cover with lid.
4. Bring to a boil, then lower heat to medium. Continue to cook until cooked through, or tender, about 15 to 20 minutes.
5. Drain in colander. Transfer to a large bowl and mash or puree until smooth.
6. While sweet potatoes are cooking, in a large bowl, mash one or both bananas until smooth or chunky, or dice the other for garnish. Set aside.
7. Add to mashed sweet potatoes.
8. Add soy milk, seasonings, and brown sugar (optional).

Variations and Toppings

Zest: Orange, raw or candied

Toasted nuts: Walnuts or pecans, plain or spiced

Toasted seeds: Pumpkin seeds, sesame seeds

Toasted: Coconut, shredded and unsweetened

Savory: Crispy shallots

Decadent: Drizzle with truffle oil or walnut oil

Nutritional Analysis per Serving

Yield: 8 half-cup servings | Calories: 200 | Total Fat: 10 g | Saturated Fat: .96 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 95 mg | Total Carbohydrate: 25 g | Dietary Fiber: 5 g | Total Sugars: 3 g | Protein: 7 g | Vitamin D: 0 µg | Calcium: 49 mg | Iron: 0 mg | Potassium: 412 mg | Vitamin A: 582 µg | Vitamin C: 6 mg | Vitamin B6: 0.273 mg | Phosphorus: 84 mg | Magnesium: 44 mg | Zinc: 0.94 mg

Recipe courtesy of [Project Open Hand](#)