



## SWEET POTATO & PUMPKIN MASH



### INGREDIENTS:

- 1 cup sweet potatoes, peeled and cooked
- 1 cup canned pure pumpkin
- 1 tbsp orange zest
- 1 tsp cinnamon
- $\frac{1}{8}$  tsp nutmeg
- $\frac{1}{4}$  tsp ground ginger

### DIRECTIONS:

- 1) Mash all together by hand if you like a few small chunky bits OR throw all ingredients in a food processor and blend until smooth.

Enjoy!

Makes 5 4oz servings

Calories: 70 | Protein: 1.3 gm | Carbs: 16 gm | Fat: 0 gm Fiber: 3gm