



Sweet Potato Heaven

www.LaurieWarren.com



recipes with sass!

SWEET POTATO HEAVEN

Serves
4 - 6

FIXINGS

- ★ 4 large sweet potatoes
- ★ Grated rind of two lemons
- ★ Juice of two lemons
- ★ ½ c. organic, pasture-fed butter, softened
- ★ 2 yolks from organic, pasture-fed eggs
- ★ ½ tsp. Celtic sea salt or Himalayan rock salt

Find more *delicious and nutritious* recipes at:

www.LaureWarren.com

PREP

1. Boil potatoes (whole) in water until tender; about 25 minutes
2. Set oven for 350 degrees F
3. While still fairly hot, hold the potatoes with a potholder and peel off the skin.
4. Place the potatoes in a bowl, mash them, and then mix in the remaining ingredients.
5. Put in a casserole dish and bake for 30 minutes.
6. Serve to lucky dinner companions.

NOTE

This is a fab holiday dish. You can make this ahead of time, up through step 4, store it in the fridge, and then just pull it out on holiday morning so it can come to room temp. Throw it in the oven 30 minutes before mealtime, and voila!