

Sweet Potato & Pear Mash



Makes:

6 servings, 2 ½ cups per serving

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover

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Recipe:

Contributed By:

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Recipe Description:

Sweet potatoes are an excellent source of fiber, beta-carotene and high in Vitamin A. Serve this delicious mash as a side dish that your entire family will enjoy.

1 medium
pear, scrubbed and julienned, use Cone #2
2 medium
sweet potatoes or garnet yams, peeled and julienned, use Cone #2
1 pinch
unrefined salt, sea salt or Himalayan salt
1 pinch
ground cinnamon (optional)
1 tablespoon
organic coconut oil or grass fed butter
(15
ml)

Directions:

1. Process pear directly into sauce pan.
2. Process sweet potatoes directly over pears in sauce pan.
3. Add salt, cinnamon and coconut oil, if desired.
4. Cover and turn heat to medium. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 15 - 20 minutes until ingredients are soft.
5. Remove cover and mash ingredients together using a hand potato masher. Alternately, use an electric food processor to puree ingredients into a smooth puree.

Tips:

- Unrefined salt that is minimally processed is an important source of beneficial minerals for your baby's diet.
- Incorporate a small amount of puree into your pancake or

muffin mix for added nutrition and natural sweetness.

- Adding in a small amount of good quality fat helps with uptake of beta-carotene from the sweet potato.

Nutritional Information per

▼ Serving

Calories: 74

Total Fat: 2g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 71mg

Total 13g

Carbs:

Dietary Fiber: 2g

Sugar: 5g

Protein: 1g

Analysis calculated using coconut oil