

Sweet Potato & Pear Mash



Sirve:

6 servings, 2 ½ cups per serving

Pieza:

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

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

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)

Preparación :

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.

Consejos:

- 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.

Información nutricional por ración

Calorías: 74

Grasa Total: 2g

Grasa 2g

Saturada:

Colesterol: 0mg

Sodio: 71mg

Carbohidratos: 13g

Fibra 2g

Dietética:

Azúcar: 5g

Proteína: 1g

Analysis calculated using coconut oil