



Mashed Sweet Potatoes with Caramelized Pineapple

Servings 8

Ingredients

- 4 sweet potatoes
- 1/2 cup pineapple diced
- 2 Tablespoons apple juice concentrate thawed
- 1 teaspoon vanilla extract
- 1/4 teaspoon nutmeg ground
- 1/4 teaspoon cinnamon ground

Instructions

1. Preheat oven to 400 degrees F.
2. Scrub potatoes. Roast potatoes in oven until soft (about 45 minutes to 60 minutes, depending on size of potatoes). Cool a little, then peel.
3. In a skillet over medium heat, add pineapple, apple juice concentrate, vanilla, nutmeg, and cinnamon. Cook until golden brown, about 5 minutes.
4. In a large bowl, mash potatoes with a whisk (wire whip).
5. Mix in caramelized pineapple mixture until well combined.