Whipped Sweet Potatoes

Ingredients
4 large sweet potatoes
2 tablespoons organic pasture butter or ghee or coconut oil
¼ - ½ cup coconut milk (canned)
1 teaspoon vanilla extract
½ teaspoon pepper
½ - ¾ teaspoon sea salt
pinch of nutmeg or cinnamon and/or cayenne pepper

Directions
1. Peel (unless organic) and cut the potatoes into chunks and place in a large pot. Cover with cold water and let come to a boil. Turn down to medium-high and let cook for about 20-30 minutes, or until potatoes are fork tender.
2. Drain water and add potatoes back to the pot. Add butter, heavy cream, salt, pepper, vanilla and nutmeg. Whip with a whisk, mashed, fork, or immersion blender. You can also put them in a stand mixer and blend
3. Add more ingredients or additional spices to your liking.

Yield serves 4-6

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