



CHILI-SPICED MASHED SWEET POTATOES

DIRECTIONS:

1. Preheat oven to 425°F.
2. Bake the sweet potatoes for about 70 minutes or until soft. Remove from oven and allow them to cool down slightly.
3. In a bowl, whisk together orange juice, zest, brown sugar, ¼ teaspoon salt, cinnamon, and chili powder.
4. Scoop out the insides of sweet potatoes and place in a large mixing bowl. Pour orange juice mixture over sweet potatoes, mash well, and serve warm.

YOU WILL NEED:

- 4 large sweet potatoes, peeled
- ½ cup orange juice
- 2 teaspoons orange zest
- 2 tablespoons brown sugar
- 2 teaspoons cinnamon
- 1 teaspoon chili powder



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