

Mashed Sweet Potatoes



We used the mashed Sweet Potatoes with fish to make dinners super easy & fun. Mike added cheese and coconut milk to make them creamy and delicious!

INGREDIENTS

- 1 lb organic sweet potatoes
- 1/2 cup coconut milk
- 2 1/4 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon smoked paprika
- 1 cup of cheddar cheese

Serves 8

Prep time: 15 min

DIRECTIONS

1. Wash and punch holes in the sweet potatoes
2. Place in microwave and cook for about 10 minutes. They are very hot. Let cool.
3. Cut up sweet potatoes into 1/4 lengths. Put into mixer bowl. Add coconut milk.
4. Mix up with the mixer and then add shredded cheddar cheese and mix again.
5. Place into a meal prep container for easy addition to any dinner.

Roasted Red Pepper Hummus



We created this so we wouldn't be snacking on potato chips and crap. We have carrots, broccoli and celery sticks to dip into it. Yum!

INGREDIENTS

- 2 cans organic Chick Peas (aka Garbanzo Beans)
- 1 jar Roasted Red Peppers
- 2 tablespoons Tahini
- 1 teaspoon lemon juice
- 1 teaspoon cumin/garlic/salt

Serves 8

Prep time: 15 min

DIRECTIONS

1. Drain the cans of Chickpeas & dump into the food processor
2. Add the Tahini, lemon juice, cumin, garlic and salt to taste. Mix.
3. Put into a meal prep container and place into fridge to thicken up.