# 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 delicous!

### INGREDIENTS

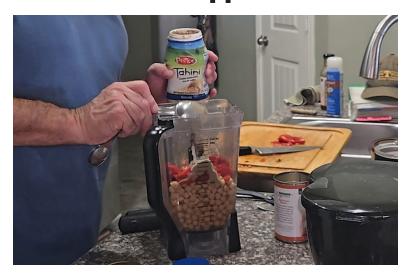
- 1 lb organic sweet potatoes
- 1/2 cup coconut milk
- 2 1/4 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon smoked paprika
- 1 cup of cheddar cheese

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, broccili 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

Server 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.