

Sweet Potato and Carrot Puree

Yield: 8 servings

Ingredients

1½ pounds sweet potatoes,
peeled, cut into small cubes

1 cup carrots, washed, peeled,
sliced into coins

¼ cup water

Instructions

1. In a medium pot, boil 3 quarts of water. Add carrots and cook for about 10 minutes or until fork tender. Set carrots aside in a medium bowl.
3. Add sweet potatoes to a pot of boiling water and cook for 10 minutes. Strain and add to carrots.
4. Place the vegetables and water in the blender and puree until smooth. Serve warm.

Nutrition Information

Serving Size: ½ cup

Calories: 70

Total Fat: 0 g

Saturated Fat: 0 g

Monounsaturated Fat: 0 g

Sodium: 55 mg

Total Carbohydrate: 17 g

Dietary Fiber: 3 g

Sugars: 5 g

Protein: 1 g

Source: Health Meets Food



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