



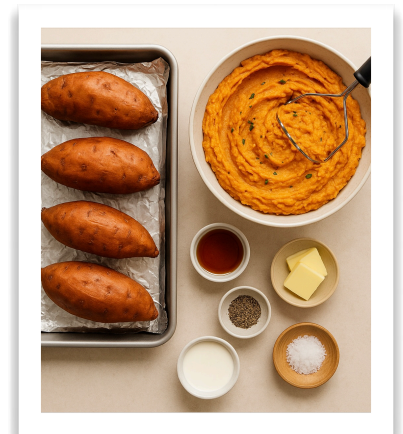
Garden Fresh Farm Recipes

Baked Sweet Potatoes Mashed

These mashed sweet potatoes start with roasting whole sweet potatoes until their natural sugars caramelize and their flesh turns silky and rich. After baking, the tender insides are scooped out and mashed with butter, a splash of cream, and just a hint of seasoning, creating a naturally sweet, creamy side dish. Baking the sweet potatoes intensifies their flavor and keeps their texture light and fluffy — no boiling water needed. A touch of maple syrup or a pinch of cinnamon can be added for extra warmth, making this a perfect, cozy comfort dish for any meal.

Ingredients:

- 4 medium sweet potatoes
- 3 tablespoons butter (or more, to taste)
- 2–3 tablespoons milk, cream, or half-and-half (adjust for creaminess)
- 1–2 tablespoons maple syrup or honey (optional, for a touch of sweetness)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Pinch of cinnamon or nutmeg (optional)
- Fresh herbs (like thyme or rosemary), optional for garnish



Directions:

Preheat the oven to 400°F (200°C). Wash and dry the sweet potatoes. Prick them a few times with a fork. Place on a baking sheet lined with foil or parchment. Bake for about 45–60 minutes, depending on their size, until very soft when you squeeze them with an oven mitt.

Let them sit for about 5–10 minutes after baking, so you can handle them without burning your hands.

Slice the potatoes open and scoop the flesh into a large bowl. Add the butter, salt, pepper, and optional ingredients (milk, maple syrup, spices). Mash by hand with a potato masher or use a hand mixer for a smoother texture. Adjust seasoning and milk until you get your preferred consistency.

Serve warm, with extra butter or a sprinkle of herbs.



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Notes:

For ultra-smooth mashed sweet potatoes: Blend with an immersion blender after mashing.

Savory version: Add roasted garlic, a little sour cream, or chives instead of maple syrup.

Make ahead: You can bake the sweet potatoes a day ahead, refrigerate, then reheat and mash before serving.