**Sweet potato puree**

**in three ways**

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**Sweet potato puree with honey**

**Ingredients for 4 servings:**

1 kg sweet potatoes from North Carolina

Salt

50 ml vegetable broth (instant)

75 ml milk

25 g butter

6 tbsp honey

1. Wash and peel sweet potatoes and chop them coarsely.

Boil them in salted water for 15-20 minutes until soft. Meanwhile heat the vegetable stock with the milk and the butter.

1. Drain sweet potatoes and mash them with a potato masher. Add the milk mixture. Season with pepper. Add the honey loosely to the puree.

**Preparation time** ca. 35 minutes.

**Nutrition facts per portion:**

Energy: 383 kcal / 1600 kJ

protein: 4,84 g

fat: 7,37 g

carbohydrates: 72,4 g

**Sweet potato puree with thyme**

**Ingredients for 4 servings:**

1 kg sweet potatoes from North Carolina

Salt

1 bunch of thyme

1 tsp olive oil

50 ml vegetable broth (instant)

75 ml milk

25 g butter

Pepper

Freshly grated nutmeg

1. Wash and peel sweet potatoes and chop them coarsely. Boil them in salted water for 15-20 minutes until soft.
2. In the meantime, wash the thyme, shake dry and pluck the leaves from the stems. Heat olive oil in a small pan and roast half of the thyme in it. Heat the vegetable stock, the milk and the butter.

1. Drain the sweet potatoes and mash them with a potato masher. Add the milk mixture and season with salt, pepper and nutmeg. Add fried and fresh thyme to the puree.

**Preparation time:** approx. 35 minutes

**Nutritional values per person:**

Energy: 349 kcal / 1460 kJ

protein: 4,8 g

Fat: 8,63 g

carbohydrates: 61,2 g

**Sweet potato and carrot puree with walnuts**

**Ingredients for 4 people:**

700 g sweet potatoes from North Carolina

300 g carrots

Salt

60 g walnuts

150 ml sherry vinegar

9 tbsp honey

50 ml vegetable broth (instant)

75 ml milk

25 g butter

1. Peel carrots and sweet potatoes, wash and chop them coarsely. Boil them in salted water for 15-20 minutes until soft.
2. Meanwhile chop walnuts coarsely and roast them in a pan without fat. Cook 6 tablespoons of honey and vinegar for 5-10 minutes until thick. Add walnuts and set aside.

**3.** Heat vegetable stock, milk and butter. Drain carrots and potatoes. Mash finely with a potato masher, adding the milk mixture. Pour the sweet and sour walnuts over the mashed potatoes and carrots.

**Preparation time:** ca. 35 Minuten.

**Nutrition facts per portion:**

Energy: 447 kcal / 1870 kJ

Fat: 16,4 g

Carbohydrates: 65,4 Protein: 6,69 g