



Marsh-Monster Sweet Potatoes



A sweet
veggie
side dish!

Fast
and easy!

Ingredients:

- 1 16 oz can sweet potatoes
in light syrup
- 30 mini marshmallows

Nutrition:

Recipe makes 4 servings
Each serving counts as 1 vegetable

Safety:

Watch for sharp edges on can opener
and can's lid. Use oven mitts when
using microwave.

Directions:

1. Drain and rinse sweet potatoes in colander
under cold water.
2. Put sweet potatoes in microwave safe bowl.
3. Use fork to mash sweet potatoes.
4. Microwave on high 3-4 minutes.
5. Use oven mitts to remove from microwave.
6. Add 30 mini marshmallows to bowl.
7. Using a mixing spoon, stir together.
8. Let cool for 2 minutes and enjoy!

