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Apple and Sweet Potato Puree

Yields 6 servings

Ingredients:

2 large sweet potatoes
2 large apples such as a Rome Beauty, Northern Spy, or Winesap
4 tbsp Spectrum Shortening (palm oil) butter flavored
¼ - ½ cup coconut cream or plain coconut milk yogurt or other nut yogurt
½ teas ground nutmeg
¼ teas ground ginger
Sea salt to taste

Directions:

1. Preheat oven to 350°F
2. Place the potatoes on a greased baking sheet and bake for 1 ½ hrs, or until very tender
3. Peel, core, and slice the apples
4. Melt the palm oil in a skillet and cook the apples over low heat until tender, about 15 min. Transfer the apples to a large bowl.
5. Peel the potatoes while still hot. Add them to the apples. Add the coconut cream, nutmeg, and ginger. Mash together with a fork, and then whip the mixture with an electric mixer until the texture is creamy. Serve at once.

This may be served as a side or makes a good base for a sweet or savory pie filling.

Adapted from: Woodier, Olwen. *Apple Cookbook*. Storey Publishing. 2001.