

Whipped Yams with Ginger

Whipped yams are colorful and elegant. It's a nice substitute for the traditional mashed potato dish and add the bundle of healthy nutrients and antioxidants to your meal.

Preparation Time: 10-15 minutes

Baking Time: 60-80 minutes

Serves: 6

Ingredients:

4 medium yams

½ teaspoon sea salt

1 teaspoon ground ginger

1 cup milk, organic (or dairy free option)

Directions:

Preheat oven to 375 degrees. Poke yams with a fork and bake until very soft, 40 to 60 Minutes. Remove skin and whip yams until smooth. Stir in ginger, salt, and milk.

Place yam in a covered baking dish and keep warm in the oven.

To serve, place in a serving dish.

Enjoy!

Steven Masley, MD