



Heidi Safer's *Creamy Roasted Sweet Potatoes* (KID FOOD)

SWEET POTATOES OR YAMS (AS MANY AS YOU LIKE)

WASH, DRY, PIERCE WITH A FORK 4 TIMES.

PLACE YAMS ON A FOIL LINED BAKING SHEET (NON-STICK FOIL WORKS GREAT).

BAKE AT 400 DEGREES FOR 1 HOUR, OR UNTIL TENDER (EASILY PIERCED WITH A FORK OR EASILY SQUEEZED).

COOL YAMS ENOUGH TO BE ABLE TO HOLD THEM.

PEEL OFF OUTER SKIN AND REMOVE ANY HARD SPOTS.

PUREE YAMS IN A FOOD PROCESSOR UNTIL CREAMY.

NOTES: THIS IS GREAT FOR BABIES TOO, BUT MAY NEED TO ADJUST THE CONSISTENCY WITH A LITTLE WATER.
IT FREEZES WELL.

