



# Whipped Sweet potatoes

Servings: **6 servings**

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## Ingredients

4 medium Sweet potatoes, peeled and cubed  
Salt  
1/2 c. Buttermilk  
3 T. Honey  
Salt and Pepper  
Freshly grated Nutmeg, to taste  
1/4 c. chopped fresh Parsley  
2 T. fresh Thyme

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## Directions

Place the potatoes in pot, cover with water and bring to a boil. salt water and cook potatoes to tender. Drain, put in bowl, add buttermilk, honey, salt, pepper, and nutmeg and whip with mixer.

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