

## Cinnamon and Vanilla Sweet Potatoes



### Ingredients

- 3 lbs sweet potatoes, peeled and cubed
- 1 ¼ cup reduced fat and reduced sodium chicken broth
- 1 Tbsp. ground cinnamon
- ¾ cup fat-free milk
- 1 Tbsp. unsalted butter
- 1 Tbsp. vanilla extract
- ¼ cup chopped walnuts
- 1 Tbsp. brown sugar

### Directions:

1. In a large saucepan, combine the sweet potatoes and the chicken broth. Cover with lid and simmer until potatoes are fork tender.
2. Add cinnamon, milk, vanilla and butter to the saucepan and stir. Mash and stir the mixture with an electric or hand beater until smooth.
3. Sprinkle the brown sugar and walnuts over the sweet potatoes.
4. Salt and pepper to taste.
5. Serve immediately and enjoy!

*Yield 8 servings, serving size: 1 serving. Calories: 83.  
Fat: 2.7 g. Cholesterol: 9 mg. Sodium: 53 g. Carbohydrates: 11 g.  
Fiber: 2 g. Sugar: 5 g. Protein: 2.3 g.*

*\*These facts may vary based on size, amount,  
and brand use. This information is only a guide.*