



Sweet Potatoes

Very Low Calorie! Enjoy!!!!

8 sweet potatoes peeled

1/4 cup butter

1/4 cup heavy cream

1/4 cup light brown sugar plus extra to sprinkle on top

Large marshmallows 1 per guest

Mini marshmallows (for top)

** if making ahead of time, do not place mini marshmallows on top until 15min prior to end of re-heating time.

Pecan praline mixture (recipe)

Preheat oven 400°

Cut peeled potatoes into 2in. pieces (to boil faster)

Boil water in a large pot, then add the potatoes.

Let boil until they float when touched (about 20min.) drain water, then put in large bowl.

With mixer, beat potatoes, butter, cream and sugar until smooth.

Pour $\frac{3}{4}$ potato mixture into deep baking dish (corning ware) 8 x 11 or

Use a cup cake tin, 1 space per guest (this is what we used in class)

Place 1 large marshmallow into mixture without touching bottom of pan.

1 per guest. Like planting seeds! Cover with remaining mixture

Top with mini marshmallows and sprinkle with brown sugar and bake for **15 min.** until marshmallows are toasted!