

Beta-Carotene Blast: Yam and Carrot Bake

Ingredients:

- 2 large yams
- 3 large carrots
- 1 tbsp butter
- 1/4 cup milk
- dash nutmeg
- dash cinnamon



Making it:

1. Preheat oven 425 F.
2. Peel and cut yams and carrots into 1" chunks.
3. Boil in salted water until soft enough to mash.
4. Drain, place in bowl and mash with potato masher (if you do not have a masher use the bottom of a cup). Mix in spices, 1/2 tsp butter, milk. Spoon into baking dish.
5. Cut remaining butter and scatter on top.
6. Bake until top is lightly crispy. ~ 10 min.

Tips and Hints:

- You can add boiled and mashed apples to this recipe too or maple syrup for a flavour boost.
- Serve with a protein such as roasted chicken

NUTRITION FACTS

Servings: 4
Serving Size: 1 cup

Total Calories 178	
Carbohydrate	2.3 g
Total Fat	38 g
Protein	3 g
Fiber	6 g

Prep Time: 10
Cook Time: 30