Sweet potato mash

Sweet potatoes are full of vitamins and fibre making them a delicious and nutritious choice. Try this recipe to help children develop their mashing skills. A great recipe for SEND children.

Makes: 5 portions • Preparation time: 15 minutes

Ingredients

- 2–3 medium sweet potatoes
- 50g butter
- 75–100ml milk

Optional toppings/flavours:

- cumin
- fresh parsley
- cream cheese
- paprika
- garlic

Equipment

- Microwave
- Fork
- Bowl
- Spoon
- Potato masher (optional)

Top tips

- The sweet potato can be microwaved before to save time.
- Experiment with different flavours to help develop children's sensory skills

Method

1. Poke holes along each side of the sweet potato with a fork, at least 4 sets on each side.
2. Microwave the potato on high for 6 minutes. Turn over and continue to cook in the microwave until tender, about 6 minutes more.
3. Cut potato in half .
4. Scoop out the soft potato flesh into a bowl with a spoon.
5. Mash the potato with a fork or potato masher.
6. Add in the butter and milk.
7. Mix well and add in any optional flavours and toppings