

# Recipes

## Mashed Sweet Potatoes

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### Ingredients (serves 4)

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- 2 Japanese sweet potatoes
- 3 Tbsp. sugar (adjust the amount to your liking)
- 1/8 tsp. salt
- 50 g. (1 3/4 oz. or about 1/4 cup) raisins
- 1/8 tsp. cinnamon powder

### Instructions

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1. Rinse the sweet potatoes, then steam whole, in their jackets.
2. Peel, then mash.
3. Add sugar, salt, cinnamon powder and raisins to the mashed sweet potatoes and mix well.
4. You can arrange as is on a serving dish or wring it into shape with cheesecloth.