

Sweet Potato Cheesy Mash



Recipe makes: 2
Cook time: 15 Minutes

Ingredients

1 medium-sized (5 inches long) sweet potato, peeled and diced
¾ cup carrots, diced
¼ cup (28 g) Daiya cheddar style shreds

Method

- 1 Boil carrots and sweet potato until soft, then drain.
- 2 Mash sweet potato and carrots together.
- 3 Add cheddar shreds into mash and mix until smooth.

Nutrition Info Per Serving (1/2 recipe):

Calories: 120 | Protein: 2 g | Phenylalanine: 145 mg

Refer to labels for allergen and other product information.

Always consult your healthcare professional before making any changes to your diet.

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