



Makes 2 cups
Preparation Time: 10 minutes
Cook Time: 35 minutes

INGREDIENTS:

2 cups chopped and peeled
sweet potatoes

1 small banana

⅓ cup pure maple syrup

½ teaspoon ground ginger

¼ teaspoon ground nutmeg

Sweet Potato Butter

This creamy sweet potato butter is infused with warm spices and pairs perfectly with fresh baked bread. Five simple ingredients come together to create a naturally sweet plant-based topper for toast or bread—plus, it stores well for several weeks! For an extra serving of sweet potato goodness, try pairing it with our [Sweet Potato Bread](#) or [Single-Rise Sweet Potato Rolls](#).

By Nancy Macklin, RDN

- 1** Place sweet potatoes in a saucepan. Cook, covered, in enough water to cover 15 to 20 minutes or until tender; drain. Cool slightly.
- 2** Place in a food processor; process until smooth. Add 1 small banana; process until smooth. Place the blended mixture in a small saucepan with the maple syrup, ginger, and nutmeg. Bring to boiling; reduce heat. Cook, uncovered, over very low 20 minutes or until very thick, stirring frequently.
- 3** Spoon into a 1-pint glass jar. Cover; refrigerate up to 3 weeks.