

RECIPE

# Mashed Sweet Potatoes with Nutella®

Medium

50 min



## INGREDIENTS

**for 2 portions**

2 medium sweet potatoes (about 400g)

30ml full-cream milk

30g Nutella®

15g sunflower seeds



To prepare this delicious recipe, 15g of Nutella® per person is enough to enjoy!

## METHOD

1

Place whole sweet potatoes in a 180°C oven for 30-45 minutes until cooked through.

2

In the meantime, use a pan to toast the seeds on low heat for 2 minutes.

3

You can check if the sweet potatoes are ready by inserting a knife in the middle. It is ready if there is no resistance, and the potato is soft.

4

Let it cool for a few minutes, then peel it and place all the flesh in a bowl.

5

Add milk, then use a fork to mash it thoroughly.

6

Drizzle Nutella<sup>®</sup> on top and sprinkle the toasted seeds.

7

Serve immediately.