

YAM PUREE

Time: 30 minutes

Serves: 6

Ingredients:

800g yam - peeled and cubed to 2cm
4g kosher salt
2g ground cinnamon
0.2g cayenne pepper
40g unrefined coconut oil - warmed to liquid

Preparation:

Place yam in a large pot and cover with water. Heat on high until a boil is reached, then reduce heat to simmer for ten minutes or until the yam is fork tender.

Strain the yam and place in a blender, discarding the water.

Add the salt, cinnamon and cayenne to the blender.

Blend to make a purée, then with the blender still running, drizzle in the coconut oil.

Serve warm.

Nutritional Information Per Serving:

Calories: 215
Fat: 7g
Carbs: 37g
Fibre: 6g
Protein: 2g