

## **Sweet Potato, Swede or Parsnip**

### **Ingredients**

Large sweet potato\*, small swede or two large parsnips

\* may need to count as exchanges

### **Method**

1. Scrub, peel and chop the vegetables into small cubes.
2. Cover with boiling water and simmer, covered, until tender (15-20 minutes).
3. Alternatively, steam the vegetables.
4. Drain, reserving the cooking liquid.
5. Purée in a blender adding as much of the reserved liquid as necessary to make the desired consistency.