Sweet Potato (Makes 4 portions)

Ingredients

1 sweet potato peeled and cut into chunks

A few tablespoons of low protein milk

A generous pinch of ground cinnamon (optional)

Method

1. Cover the sweet potato chunks with water, bring to the boil and simmer for about 30 minutes or until soft.
2. Drain and mash together with the cinnamon (optional) and enough low protein milk to make the desired consistency.
3. Alternatively you can bake the potato in the oven.
4. Preheat the oven to 200°C/400°F/Gas Mark 6 for 1-1 ½ hours until soft.
5. Sift out the inside and mash with low protein milk.