

## Sweet Potato Mash

When sweet potatoes are plentiful and inexpensive, I buy lots of them and cook them like mashed potatoes. Sprinkle a teaspoon of cinnamon and mix well. If you mix a heaping teaspoon with their dry food it is healthy and tasty and they enjoy it!

You can bag the mashed sweet potatoes and freeze any extra for future use. Just lay on counter to defrost!