

# Sweet Potato Soufflé

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## Ingredients:

3 large sweet potatoes, peeled and chopped  
2 eggs  
1/3 cup butter  
1/4 cup coconut or almond milk  
3 Tbsp Maple syrup  
1/2 tsp baking soda  
1/2 tsp cinnamon  
1/4 tsp salt

## Preparation:

Preheat oven to 350F.  
Peel sweet potatoes and chop into 2-inch pieces.  
Cover with water in medium pot and bring to a boil.  
Cook until fork tender, about 20-25 minutes.  
Place boiled sweet potatoes into food processor or mixer.  
Add remaining ingredients and blend until smooth.  
Pour mixture into large soufflé dish and bake for 45-60 minutes. You want the soufflé to jiggle slightly when gently shaken.