

*Brown Butter Sage Mashed Sweet Potatoes - Elevated mashed potatoes using brown butter and sage. (dairy-free/paleo/vegan friendly)*

**Ingredients:**

4 medium sweet potatoes (peeled and cubed)  
1 stick butter (pasture-raised, clarified ghee, or vegan butter)  
4-6 fresh sage leaves  
2-4 cloves of garlic (mashed)  
½ cup plant based milk  
S&P

**Directions:**

- 1) In a large pot, cover potatoes with water and add a generous pinch of salt. Bring to a boil and cook until totally soft, about 16-20 minutes. Drain and return potatoes to pot.
- 2) Use a potato masher to mash potatoes until smooth.
- 3) Meanwhile, prepare the brown butter by adding a stick of butter to a pan on medium heat. As the butter slowly melts, swirl the pan occasionally to be sure the butter is cooking evenly. Add fresh sage leaves and mashed garlic while butter is cooking. As soon as the butter turns to a toasty-brown color, take the pan off the heat. Strain and transfer brown butter into the pot with the mashed potatoes.
- 4) Discard sage leaves. Mince garlic cloves and add to mashed potatoes. Add milk, salt and pepper, and combine. Season to taste and serve!

**Notes:**

- If you would like to fry a sage leaf as a garnish, add a small pad of butter to pan and fry in butter for 2-3 minutes on medium heat.
- You can use regular potatoes for this recipe as well.
- If you would like to mix things up/I love using half ghee/half butter for this recipe!
- Makes 6-8 servings