

## Glazed Sweet Potatoes

Serves 8

- 900 g sweet potatoes or  
2 cans (@400 g each), drained
- 60 g butter, cubed
- 60 ml maple syrup
- 50 g packed brown sugar
- ¼ tsp ground cinnamon
- ½ C pecans



1. If using fresh sweet potatoes, place in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and **cook 25-40 minutes** or until tender. Drain; cool slightly and peel. Cut into chunks.
2. Preheat oven to **180°C**.
3. Place **sweet potatoes** in a 1.9 liter baking dish.
4. In a small saucepan, combine **butter, syrup, brown sugar** and **cinnamon**; bring to a boil, stirring constantly. Pour over potatoes.
5. Bake, uncovered, **30-40 minutes** or until heated through.