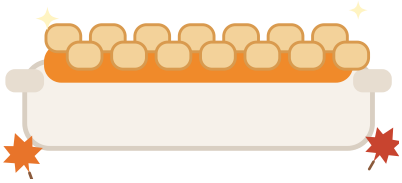
Rooting for Our Kids
Grassroots learning · Davie, Florida

FREE RECIPE

Maple Pumpkin Sweet Yams

Mama Cheá Café's recipe from *The Thankful Table*. Bring something from your heart to the table!



8 servings | **20 min** prep | **35 min** cook | **100%** plant-based

Ingredients

- 3 lb sweet potatoes (yams), about 4 medium, peeled and cut into 2-inch chunks
- 1 can (15 oz) pure pumpkin purée (not pie filling)
- ½ cup packed brown sugar
- 4 tbsp plant-based butter
- 3 tbsp pure maple syrup
- ½ tsp salt
- 1 tsp pumpkin pie spice (Mr. Pumpkin's touch!)
- 2 cups plant-based mini marshmallows

Let's cook!

1. GROWN-UP **Boil the sweet potatoes** in a big pot of water for 15 to 20 minutes, until a fork slides in easily. Drain them.
2. KID CHEF **Mash** the warm sweet potatoes in a big bowl.
3. KID CHEF **Stir in** the pumpkin purée, brown sugar, butter, maple syrup, salt and pumpkin spice until smooth.
4. KID CHEF **Spread it** in a baking dish and cover the top with marshmallows.
5. GROWN-UP **Bake at 375°F** for 10 to 15 minutes, until the marshmallows turn golden. Watch closely, because plant-based marshmallows brown fast.

Kind to animals

Plant-based marshmallows and butter mean no animals were harmed to make our dish.

Real flavor

Real maple syrup and pumpkin spice give a warm holiday taste, with no artificial flavors.

Made with love

Before you eat, everyone at the table shares one thing they're thankful for.

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Kids should always cook with a grown-up.