

# SWEET POTATO SOUFFLÉ



1 Packet	PetCakes Frosting Mix (ONE packet)
2 Large	Organic Sweet Potatoes
1/2 cup	Water
1 Tbsp	Turmeric
1	Egg

*You will also need non-stick spray and a heart shaped silicone molds or PetCakes pans (for oven use cupcake pan).*

STEP 1: Clean and peel potatoes and place into microwave safe bowl with ½ cup of water and cover.

STEP 2: Cook on high in microwave for 5 minutes. Flip over and cut in half and microwave for 4 minutes. Potatoes should be very soft.

STEP 3: Add remaining ingredients and mix thoroughly. I use a potato masher or blender.

STEP 4: Fill heart shaped silicone pans ½ full with sweet potato mixture and pack down

STEP 5: Cook in Microwave for 3:30 and let cool before removing them to a plate

## **Oven Directions**

Fill cupcake molds (or any oven safe container) ½ full with the Sweet Potato mixture.

Cook at 375° F for 15-20 minutes until done.