

Mashed Sweet Potatoes Brulee

Adapted from [Cooking Light](#)

[Skinnytaste.com](#)

Servings: 14 • **Size:** 1/2 cup • **Calories:** 113.4 • **Fat:** 1.5 g •

Protein: 2.2 g • **Carb:** 25.6 g • **Fiber:** 2.9 g • **Sugar:** 14.8 **Sodium:** 141 mg

Ingredients:

- 5 1/2 lbs sweet potatoes, peeled and boiled until soft (6 cups cooked)
- 3/4 cup 1% milk
- 3 tbsp light butter, softened
- 1/2 tsp salt
- 1/4 tsp ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/2 cup unpacked light brown sugar

Directions:

When the potatoes are cooked and soft, combine them with milk, light butter, salt, cinnamon and nutmeg and mash or puree until smooth.

Spoon into a 9 x 9 or 11 x 7-inch baking dish.

Preheat the broiler. Sprinkle 1/2 cup brown sugar evenly over top. Broil 2 minutes or until sugar melts, careful not to burn. Let it stand until the melted sugar hardens (about 5 minutes)