Gingered Sweet Potatoes

4 organic sweet potatoes, peeled and chunked
2 T fresh ginger root, peeled and chopped
¾ cup coconut milk beverage
3 T maple syrup or agave nectar
1 T extra-virgin coconut oil
freshly grated nutmeg, to taste
1 pinch sea salt
½ cup pecans, toasted

Cover sweet potatoes with salted water to boil. Cook for about 10 minutes or until fork tender. Drain sweet potatoes. In food processor, pulse ginger to mince. Add cooked sweet potatoes, coconut milk, maple syrup, coconut oil, nutmeg and sea salt. Pulse sweet potatoes in food processor until desired consistency. Top with toasted pecans to serve.

Recipe by Garden Chef Megan McCarthy