

Markey's Yammy Whammies

Serves: 12

Serving Size: A big spoonful!

Preparation Time: 30 minutes

Ingredients:

2 and 1/2 pounds yams (sweet potatoes)

Water

10 ounce can of crushed pineapple in unsweetened juice

2 tablespoons honey

Utensils:

Potato peeler

Boiling pot

Potato Masher

Mixing spoon

Mixing bowl

Directions:

Peel each yam and cut into 4 pieces. Make sure you have a grown up to help you! Put the yams in a pot of boiling water for 10 to 15 minutes; until they are soft. Have a grown up help you take the yams out of the water and drain them. Next, get a grown up to help you use the potato masher to mash the yams. Mix the crushed pineapples and the mashed yams together in a mixing bowl. Mix in the honey and then take a big spoonful to eat!