

Maple Glazed Sweet Potato Hash

THM-Friendly: E

Maple Glaze:

- Pancake Syrup recipe from [Trim Healthy Cookbook](#) page 480
- OR**
- Basic Pancake Syrup from [Trim Healthy Table](#) page 516 (if using this book an optional add is 1/4 tsp. [blackstrap molasses](#).)
 - These recipes use Natural Burst Extracts: [maple](#) and [butter](#)

Pour into a jar and save for later.

Hash:

- 1 medium sweet potato
- 4 oz. mushrooms
- 4 oz. Brussels sprouts, shaved
- 2 pieces Canadian bacon (ham)
- pinch of [salt](#), couple of shakes of pepper
- 1/4 – 1/2 cup egg whites



Chop your sweet potatoes to your preference and steam until tender.

Cut your non-starchy vegetables of choice into cubes or shreds.

Cook down your mushrooms with a little bit of water until softened.

Add the rest of your vegetables and a Tbsp. or so more water to cook down. Then add 2 Tbsp. Maple Glaze while cooking. I added some cayenne to mine to have a sweet and spicy maple hash.

After the non-starchy vegetables are softened enough, add your steamed sweet potatoes and Canadian bacon (ham).

When the hash is done, cook the egg whites on the side of the hash if you don't want them to coat the hash first. Add a little more syrup to your hash, and stir it up.

Pair with a [coffee](#), tea, or beverage of your choice.

enJOY!

