



Candied Ginger Sweet Potatoes

2 Sweet Potatoes peeled
1/2 Cup Sugar
1 tsp Molasses
1/2 tsp Salt
1 Tbs Winfresh Ginger Syrup
Zest from 1 Small Lime
1/2 tsp Minced Ginger or 1/4 tsp Winfresh Ginger Powder, optional
Black Pepper, to taste
Earth Balance, for dotting
Parsley or Basil, for garnish

Serves Four.