Sweet Potato and Organic Sulfur Puree

Organic Sulfur is heat stable and can be added to hot drinks, soups, or used in low-temperature baking. Avoid prolonged baking above 300 degrees or pan frying as excessive heat may cause the product to decompose.

This is a thick puree that could be served as a side dish or dessert at a meal or eaten as a snack.

Ingredients:
- 1 large sweet potato
- 1 large baking apple
- Juice from 2 limes
- 1 ½ tsp cinnamon
- 2 tsp Organic Sulfur
- ½ cup almond milk
- ½ cup canned coconut milk
- 1 tbsp honey

Directions:
1. Wash apple and sweet potato; puncture sweet potato skin with fork.
2. Bake apple and sweet potato at 400° for 40 minutes; remove apple and continue baking sweet potato for another 10-20 minutes, until soft throughout.
3. Core apple and remove skin from sweet potato.
4. Add almond and coconut milk, lime juice, cinnamon, Organic Sulfur, baked apple, and sweet potato to a blender; puree until smooth.
5. Add to baking pan and bake at 250 degrees° for 20 minutes.

Optional: sprinkle chopped walnuts or pecans on top of pureed ingredients before baking.