

Sweet Potato Butter: A Cozy, Spiced Fall Spread

Sweet Potato Butter: A Warm, Cozy Spread for Toast, Pancakes & Beyond



TIME
20 min

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INGREDIENTS

- 1 pound sweet potatoes, cut into chunks
- 1/2 cup unsweetened apple cider
- 1/4 cup maple syrup
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves

DIRECTIONS

- 1. Steam the Potatoes:** Place the sweet potato chunks in a steamer basket over simmering water. Cover and steam until very soft, about 15-20 minutes.
- 2. Blend Until Smooth:** Transfer the steamed sweet potatoes to a blender or food processor and blend until smooth and creamy.
- 3. Simmer with Flavor:** Pour the puree into a medium pot. Add apple cider, maple syrup, cinnamon, ginger, nutmeg, and cloves. Stir to combine.
- 4. Reduce and Thicken:** Bring to a gentle boil, then reduce heat to low. Simmer uncovered, stirring occasionally, until the mixture thickens slightly and deepens in flavor-about 10-15 minutes.
- 5. Cool and Store:** Let the sweet potato butter cool completely, then transfer to an airtight container. Store in the fridge for up to 10 days.

SWAPS & NOTES

and Variations Sweet Potatoes : Use orange-fleshed sweet potatoes for best flavor and color.

Apple Cider : If you don't have cider, use unsweetened apple juice or even water for a lighter version.

Maple Syrup : Adjust sweetness to taste, or substitute with honey or brown sugar.

Spice It Up : Add a pinch of cardamom or vanilla for an extra aromatic twist.

TIPS FOR SUCCESS

Blend until completely smooth for that luxurious texture.

Don't rush the simmer -the slow cook helps intensify the spices.

Double the batch and freeze half for later.

Use glass jars for easy gifting during the holidays.

