

Magical Purple Unicorn Sweet Potatoes

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Cognitive, Language and Literacy

What You Need:



- 1 Sweet Potato
- $\frac{1}{4}$ Cup Coconut Milk
- 1 Lemon or lime wedge
- A pinch of salt
- Coconut flakes (Optional)

What To Do:

1. Your child can use a vegetable brush to gently clean the potatoes and pat them dry. Talk about how this part of the plant grows under the ground.
2. Boil or steam the sweet potatoes, cool until easy to handle.
3. Your child can peel the cooked potatoes with his fingers, the back of a spoon or butter knife.
4. Using a serrated butter knife, your child can cut the potato into bite-sized pieces and put them into a bowl, mortar or poi board.
5. Mash the potatoes.
6. Measure and add in the coconut milk and pinch of salt. Mash together.
7. Your child can squeeze a small amount of lemon juice over the mash. Watch the sweet potatoes magically change color!
8. Mix and serve as-is or topped with coconut flakes.

Adapted from: *Farm to Keiki; Cooking, Gardening and Nutrition with Children*



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