



Mashed Sweet Potato Breakfast Bowl

1 serving
35 minutes

Ingredients

- 1 Sweet Potato (medium sized, cut in half)
- 2 tbsps Unsweetened Almond Milk
- 1/3 cup Blueberries
- 1 tbsp Almond Butter
- 1 tsp Hemp Seeds

Directions

- 1 Heat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the pan, cut side down. Cook for 25 to 30 minutes, or until cooked through.
- 2 Remove the sweet potato and let it cool for a few minutes. Once cool to touch, scoop out the flesh and add it to a blender along with the almond milk. Blend until smooth.
- 3 Pour the sweet potato into a bowl and top with blueberries, almond butter and hemp seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Nut-Free: Use coconut milk instead of almond milk. Omit the almond butter or use tahini or sunflower seed butter.

More Flavor: Add a dash of cinnamon to the sweet potato.

Additional Toppings: Top with coconut or Greek yogurt and a drizzle of honey.

Save Time: Use canned pumpkin or canned sweet potato instead and heat through on the stove in a small pot.