



Mashed Sweet Potato with Coconut & Blueberries

1 serving
45 minutes

Ingredients

- 1 Sweet Potato (purple or orange, small, halved)
- 1/4 cup Blueberries (fresh or frozen)
- 2 tbsps Unsweetened Coconut Flakes

Directions

- 1 Boil the sweet potato for 30 minutes, or until fork-tender and the peel removes easily. Drain and submerge in cold water until cool enough to handle. Remove from the water and peel the sweet potato.
- 2 Transfer to a plate and mash with a fork. Top with blueberries and coconut flakes. Enjoy!

Notes

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

Additional Toppings: Maple syrup, honey, hemp seeds, crushed nuts or other fresh or frozen fruit.

Meal Prep: Boil a large batch of sweet potatoes ahead of time and keep refrigerated for up to five days, or freeze for up to ten months.