

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

NUTRITION

AMOUNT PER SERVING

Calories	258	Carbs	37g
Fat	11g	Protein	7g

DIRECTIONS

- 01 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.
- 02 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.
- 03 Pour the sweet potato into a bowl and top with blueberries, almond butter and hemp seeds. Enjoy!