

Cinnamon Sweet Potato Smoothie Bowl

1 SERVING 3 HOURS 25 MINUTES



INGREDIENTS

1 Sweet Potato (small, cut into cubes)
1 cup Water (cold)
1/4 cup Canned Coconut Milk
1/2 Banana (frozen, plus additional fresh banana for optional topping)
1/2 cup Frozen Cauliflower
1 tsp Maple Syrup
1 tsp Cinnamon

DIRECTIONS

- 01 Steam the sweet potato for 10 to 12 minutes until very tender. Transfer to a plate or small baking sheet lined with parchment and freeze for at least 3 hours or overnight until solid.
- 02 Add the frozen sweet potato and the remaining ingredients to a blender. Blend until very smooth.
- 03 Transfer the smoothie to a bowl. Top with the additional banana, if using. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	311	Carbs	51g
Fat	11g	Protein	5g