

# SWEET POTATO BREAKFAST BOWL



Blue Cross & Blue Shield of  
Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.



## Ingredients

- 1 sweet potato, large
- 2 Tbsp almond butter
- 1/4 cup almond milk
- 1 tsp maple syrup
- 1/4 tsp ground cinnamon

Makes 1 serving  
Cook Time: 45 minutes

## Nutrition information per serving:

Calories 387, Total Fat 19 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 155 mg,  
Carbohydrates 49 g, Dietary Fiber 10 g, Protein 11 g

# SWEET POTATO BREAKFAST BOWL



Blue Cross & Blue Shield of  
Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.



Makes 1 serving  
Cook Time: 45 minutes

## Nutrition information per serving:

Calories 387, Total Fat 19 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 155 mg,  
Carbohydrates 49 g, Dietary Fiber 10 g, Protein 11 g

## Ingredients

- 1 sweet potato, large
- 2 Tbsp almond butter
- 1/4 cup almond milk
- 1 tsp maple syrup
- 1/4 tsp ground cinnamon

# SWEET POTATO BREAKFAST BOWL

---

## Preparation

1. Preheat oven to 400 degrees F.
2. Cut sweet potato into 1-inch pieces.
3. Place on a baking sheet and toss with olive oil. Cook for 25 to 30 minutes or until fork tender.
4. In a blender or food processor, combine all the ingredients. Blend until smooth.

## Additional Toppings:

Frozen dark cherries and chopped pecans or nuts

# SWEET POTATO BREAKFAST BOWL

---

## **P r e p a r a t i o n**

1. Preheat oven to 400 degrees F.
2. Cut sweet potato into 1-inch pieces.
3. Place on a baking sheet and toss with olive oil. Cook for 25 to 30 minutes or until fork tender.
4. In a blender or food processor, combine all the ingredients. Blend until smooth.

## **A d d i t i o n a l T o p p i n g s :**

Frozen dark cherries and chopped pecans or nuts