



SWEET POTATO BREAKFAST BOWL

This sweet potato breakfast bowl is an easy, make-ahead healthy breakfast

🕒 5 minutes

🕒 1 hour and 25 minutes

🍴 2 portions

INGREDIENTS

- 2 sweet potato (260 g)
- 2 tbsps of almond butter, plain, without salt added (32 g)
- 2 tbsp of raisins, seedless
- 2 tbsp of chopped nuts,
- 1 tsp of cinnamon, (3 g)
- 1/2 bananas, mashed for sweetness (68 g) or 1/2 tbsp of honey (11 g)

COOKING METHOD

- 1° Preheat oven to 190 degrees celsius . Wash and lightly dry sweet potatoes). Poke with a fork several times and wrap in foil. Bake large sweet potato for around 80 minutes, or smaller sweet potatoes for around 65 minutes, until a fork can easily pierce through the entire sweet potato. Let cool for at least five minutes before peeling.
- 2° Peel cooled sweet potato and lightly mash with cinnamon and honey (or half of a mashed banana).
- 3° Top with raisins and chopped nuts and other toppings if desired. If enjoying right away, drizzle with almond butter. If enjoying later, top with almond butter just before serving and reheating.
- 4° Notes *Omit honey for Whole30 compliance. *Dried fruit and raisins are Whole30 compliant, although the program recommends not overdoing it on fruit

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (182 g)	% DRI
ENERGY	174 kcal	317 kcal	16 %
FAT	9 g	16 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	7 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	41 mg	75 mg	3 %
CARBOHYDRATE	23 g	42 g	14 %
SUGARS	8 g	14 g	—
FIBER	4 g	8 g	30 %
PROTEIN	4 g	7 g	—