

Sweet Potato Bowl

Culinary Medicine, Nutrition Services

Serves: 1-2, Serving Size: 1 /2-1 potato

Equipment: pot for boiling potato, plate, spoons

Ingredients

1 cooked sweet potato

Personalize It! Optional garnishes:

Nut or seed butter

Maple syrup

Pumpkin and sunflower seeds

Brazil nuts or macadamia nuts

Chia seeds or flax seeds

Fresh blueberries

Turmeric and cinnamon

Instructions

1. Cook the sweet potato (boil, roast, or microwave).
2. Break it in half and top with toppings of your choice like peanut butter, maple syrup, blueberries, pumpkin seeds, or macadamia nuts.



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Why We Like This Recipe

Vegetables are for breakfast too!

Chef's Notes:

- This breakfast is the perfect balance of sweet and savory and can be eaten hot or cold. Cook a couple of sweet potatoes on the weekend and mix up a quick breakfast for the rest of the week.

Nutrition Notes:

- This protein and fiber heavy breakfast is a great way to start the day with balanced energy for hours. Sweet potatoes are anti-inflammatory with beta-carotene and vitamin C and their fiber promotes gut health.

Gardener's Notes:

- The sweet potato is one of the oldest known cultivated plants native to Central and South America. They were a dietary staple of ancient civilizations like the Incas. Sweet potatoes are also NOT potatoes at all! They are in the morning glory family, while regular potatoes are in the nightshade family.



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