

Sweet Potato Smoothie!

Ingredients

1 sweet potato

1 banana

1.5 cups of whole milk (substitute soy, almond, coconut)

1 tsp maple syrup

1 tsp vanilla

1 tsp cinnamon



Directions

1. Bake the **sweet potato** in the oven at 425 degrees for 45 minutes, or until soft. (Use leftover **sweet potato** to make this a quick smoothie)
2. Scoop out the **sweet potato** and add into a blender
3. Add the **banana**, milk, **maple syrup**, **vanilla** and **cinnamon** to the blender
4. Blend together the mixture.
5. Enjoy!