

Breakfast Sweet Potato

Cook a batch of sweet potatoes for a week of breakfasts or pop one in the microwave before heading to work or school for a vitamin-packed start to your day that will keep you full for hours.

Makes 1 Serving

Price Per Serving: \$1.20

Prep Time: 2 minutes | Cook Time: 5-60 minutes (varies by method)

1 small sweet potato

½ cup plain or vanilla non-fat or 0% Greek yogurt

2 tbsp nuts of your choice (almonds, peanuts, cashews - without added salt)

Sprinkle of cinnamon



Sweet potato can either be baked or microwaved:

To Bake: Preheat oven to 350. Scrub the outside of the potatoes to clean the skin. Wrap potato in foil and place it in the oven for about one hour, until it is soft when a knife is pierced through the center. Can store in refrigerator for 3-4 days and eat cold or reheat.

To Microwave: Scrub the outside of the potato to clean the skin. Use a fork to poke some holes into the potato. Wrap potato in a paper towel or place on a plate and cook in the microwave for five minutes (or use your microwave’s “POTATO” button).

Remove from the microwave and allow it to sit for a minute before cutting open.

Note: cooking time will increase if microwaving more than one potato.

Top cooked potato with ½ cup of yogurt and nuts.

Other breakfast topping ideas:

Peanut: 1 tbsp peanut butter and a drizzle of honey

Southwest: 1 scrambled egg, 1 tbsp cheddar cheese, and 1 tbsp salsa

Nutrition Facts	
Serving Size 213 g	
Amount Per Serving	
Calories 305	Calories from Fat 141
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 2g	12%
Trans Fat 0g	
Cholesterol 7mg	2%
Sodium 108mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	26%
Sugars 14g	
Protein 14g	
Vitamin A 232%	Vitamin C 21%
Calcium 35%	Iron 11%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	