



Breakfast Sweet Potato

This is intended as a "busy morning" breakfast that is quick and easy to make and eat.

Ingredients:

- 1 large sweet potato
- 1 apple, cored and chopped
- 2 tablespoons plain yogurt, more to taste
- ½ teaspoon pumpkin pie spice, more or less to taste
- 1 tablespoon chopped nuts, optional
- 1 tablespoon sunflower or pumpkin seeds, optional

Wash the sweet potato, pierce several times with the tip of a knife and wrap in a damp paper towel. Microwave until soft. 2-5 minutes depending on the size of the potato and your microwave.

Cut in half lengthwise and allow to cool slightly, until cool enough to handle. Using a fork, gently mash the potato. Sprinkle over the chopped apple, then the pumpkin pie spice. Drizzle with yogurt and add the nuts or seeds if using. Serve while still warm.

Serves 2-3 depending on the size of the potato.

Skills: seasoning, tasting and presentation

Equipment: microwave

Nutrition Facts	
3 servings per container	
Serving size	2/3 cup (136g)
Amount Per Serving	
Calories	120
<small>% Daily Value*</small>	
Total Fat 3g	4%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.94g	
Monounsaturated Fat 1.09g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 65mg	4%
Iron 0.9mg	4%
Potassium 423mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	