WHOLE30® GRAIN-FREE SWEET POTATO PORRIDGE BOWL

Makes 1 serving | Serving size: 1 bowl

PREP TIME	COOK TIME	TOTAL TIME
5 min	8 min	13 min

Looking for a grain-free breakfast? This bowl is creamy and delicious! High in fiber, this meal will keep you full all morning long. The toppings are important, as they add more nutrients and add a little crunch.

Ingredients

- 1 sweet potato
- ½ banana
- ¼ cup coconut milk
- ½ teaspoon cinnamon
- ⅛ teaspoon salt
- 1 tablespoon almond butter

Optional toppings

- Berries
- Slivered almonds, cashews, pistachios (your choice)

Directions

1. Pierce the sweet potato with a fork, then microwave 5–8 minutes or until soft.
2. Place all the ingredients in a blender, and mix until smooth.
3. Pour into a bowl, then top with your favorite toppings!

*Nutrition analysis done with 1 cup mixed berries and 2 tablespoons pistachios for toppings.