



Serves 1
Cook Time: 25 minutes

INGREDIENTS:

- 1 leftover baked sweet potato
- 1 tablespoon almond butter
- 1 teaspoon maple syrup
- Pinch sea salt
- 3 tablespoons old-fashioned rolled oats
- ¼ cup fresh berries, such as raspberries and blueberries
- 1 tablespoon hemp seeds

Berry-Stuffed Breakfast Sweet Potato

With this vegan recipe, you'll more than satisfy your cravings for a hearty, warm breakfast. And you can make good use of leftover cooked sweet potatoes in the process.

Note: If starting with uncooked sweet potato, preheat the oven to 400°F and line a baking sheet with parchment paper. Pierce the sweet potato 3 to 4 times with a knife, place on the parchment-lined pan, and bake for 45-50 minutes. The potato is done when you can easily pierce the skin with a fork.

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- 1** Preheat the oven to 425°F. Place the leftover sweet potato in a covered, oven-safe dish, and heat in the oven for 14 to 18 minutes (depending on the size of the sweet potato), flipping halfway through.
- 2** Remove the sweet potato from the oven, slice it in half, and scoop 2 to 3 tablespoons of sweet potato flesh out of each half, and transfer it to a bowl. Add the almond butter, maple syrup, and salt, and mash together with sweet potato flesh until well combined.
- 3** Return the mashed sweet potato mixture to the sweet potato shells. Top with oats, berries, and hemp seeds. To make the texture more interesting you can dry toast the oats. (Do this by adding them to a non-stick pan. Then toast on medium heat and then watch closely to prevent burning.) Serve with additional maple syrup, if desired.