



YMCA of Greater Nashua Recipes

Staff Recipe

SWEET POTATO BREAKFAST BOWL

Submitted by Liz Kaas



INGREDIENTS

- 1 whole sweet potato, baked and very hot
- 2 eggs, whisked
- 1 ripe banana, peeled
- 1 tablespoon ghee
- 1/4 teaspoon cinnamon
- 1 pinch sea salt, to taste

TOPPINGS

- Fruit like cherries, figs, blueberries, sautéed apples
- Dried fruit like dried cherries, raisins, blueberries, or no-sugar-added dried cranberries
- Nuts like slivered almonds, walnuts, or pecans
- Nut butter like almond butter or sun butter
- Seeds like pepitas, chia seeds, hemp seeds
- Cacao nibs
- Unsweetened flake coconut
- Coconut cream

DIRECTIONS

- To steam your sweet potato in the Instant Pot, wash and prick all over with a fork. Place trivet in Instant Pot and add a cup of water. Cook on Manual at High Pressure for 16 minutes then quick release.
- Make sure your sweet potato is very hot; if not coming straight out of the oven or Instant Pot, reheat it until it is. This step is vital in cooking the whisked egg. Peel sweet potato.
- In a medium bowl, combine sweet potato and whisked eggs. Mash, moving pretty quickly, until the sweet potato is smooth and the mixture is totally combined. Continue mashing until the egg loses its gloss, giving it about 30 seconds to 1 minute to “cook.”
- Add the banana, ghee, cinnamon, and salt and mash again until very smooth. Taste and add more salt or cinnamon, if desired.
- Top with toppings and serve.

NOTES

Try steaming your sweet potatoes in an Instant Pot: this is my favorite method! It only takes 16 minutes on High Pressure.

NUTRITIONAL INFORMATION

Serving: 2g, **Calories:** 356kcal, **Carbohydrates:** 20g, **Protein:** 7g, **Fat:** 29g, **Saturated Fat:** 12g, **Cholesterol:** 23mg, **Sodium:** 26mg, **Potassium:** 316mg, **Fiber:** 5g, **Sugar:** 9g, **Vitamin A:** 148IU, **Vitamin C:** 5mg, **Calcium:** 38mg, **Iron:** 2mg, **Net Carbohydrates:** 15g