



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Sweet Potato Breakfast Bowl



1 medium sweet potato
2-3 Tablespoons nonfat milk
1/4 teaspoon ground cinnamon
Optional toppings: pecans, granola, raisins, yogurt, etc.

Instructions: Wash sweet potato and pierce with a fork. Place potato on microwave-safe plate and microwave 5 minutes or until it's fork tender. Remove skin, and mash sweet potatoes with milk and cinnamon in bowl. Serve with desired toppings.

Yield: 1 serving

Nutrition Facts (per serving): 130 calories, 0 grams fat, 95 milligrams sodium, 29 grams carbohydrate, 4 grams fiber, 4 grams protein