

# SWEET POTATO YOGURT BOWL

Ingredients: (makes 1 serving)

- 3/4 cup plain greek yogurt
- 1 teaspoon honey
- 1/4 cup blueberries
- 1/2 japanese sweet potato
- 2 tablespoons granola
- 1 tablespoon almond butter
- 1 teaspoon cinnamon
- 1 sprinkle sea salt



Instructions:

1. Roast sweet potato on 375 for 1-2 hours
2. Combine yogurt, honey, and cinnamon in a bowl
3. Top with half japanese sweet potato, almond butter, blueberries, and granola
4. Sprinkle with cinnamon and sea salt and enjoy :)

My favorite breakfast of all time! Might sound odd with the sweet potato, but it is the best!

