

Sweet Potato Smoothie

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1/2 cup baked sweet potato
- 1 banana
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg
- 1 tsp love
- 1 scoop plant-based vanilla protein powder
- 1 cup coconut or almond milk
- Water to your desired consistency*

Instructions:

1. Toss all your ingredients into a high power blender and pulse until smooth. Voila - sweet potato smoothie deliciousness!

Notes:

*Want it warm it up? Boil the water just before adding it to the blender. Serves 1 generously, or shared between 2 people.