

# Fabulous Food



## Start Your Day Right With A California Sweetpotato Breakfast Bowl

(NAPS)—When you're looking for a healthy, tasty way to jumpstart your day, try this breakfast bowl. In addition to the usual fruits and nuts, it features a secret ingredient: California sweetpotatoes. With more than 80 nutrients, sweetpotatoes are high in vitamin B6, vitamin A, carotene and potassium. Plus, sweetpotatoes are rich in antioxidants and a great source of manganese and dietary fiber.

### Easy Sweetpotato, Apple and Cinnamon Breakfast Bowl

*Serves 2*

- 1 small or ½ large apple, shredded
  - 1 c shredded sweetpotatoes
  - ⅔ c old-fashioned oats
  - ½ tsp cinnamon
  - ¼ tsp salt
  - 2 Tbsp chopped nuts, such as walnuts, pecans, or almonds
- Milk or milk alternative, for serving  
Sweetener, such as honey, maple syrup, or agave, for serving

Set aside about 2 Tbsp apple. In a medium saucepan over medium heat, combine remaining apple, sweetpotatoes, oats, cinnamon, salt and 1½ cups water. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until done, 5 to 10 minutes depending on brand. (Alternatively, combine ingredients in a large microwavable bowl and microwave on high 2 to 3 minutes,



**Whether in a breakfast bowl, in baked goods or even by themselves, sweetpotatoes are a nutrient-dense and smart way to start the day.**

depending on brand.) Divide mixture between two bowls. Top with nuts and reserved apple. Serve with milk and sweetener alongside.

Note: If you have some cooked grains on hand—quinoa, farro or barley, for example—toss in up to ½ cup during the last few minutes of cooking. You can also add chopped dried fruit, coconut or both.

For more recipes and information, visit [www.casweetpotatoes.com](http://www.casweetpotatoes.com).

*Editor's Note: This story can be useful to anyone and of particular interest to readers in the states of California, Arizona, Oregon, Washington, Nevada, Utah and Idaho.*