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 cup shredded sweetpotatoes
⅔ cup cold-fashioned oats
½ tsp cinnamon
⅛ 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 microwaveable bowl and microwave on high 2 to 3 minutes, 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.

Did You Know?
Whether in a breakfast bowl, in baked goods or even by themselves, sweetpotatoes are a nutrient-dense and smart way to start the day. For recipes and more information, visit www.casweetpotatoes.com.

Tag words
breakfast, baked goods, sweetpotatoes, nutrient dense, vitamin B6, vitamin A, carotene, potassium, antioxidants, manganese, dietary fiber, apple, recipe, California, oatmeal

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