

Sweet Potato Smoothie



Ingredients:

- 1 cup sweet potato, peeled, cooked and mashed (purple sweet potatoes are in season)
- 1/4 cup almonds
- 3/4 cup low-fat milk
- 8 oz plain Greek yogurt
- 1/2 cup ice

Directions:

1. Place the ice in a blender. Add the sweet potato, almonds and yogurt.
2. Pulse until the mixture is blended, but still chunky. Add the milk.
3. Pulse until the mixture is your desired consistency.
4. Serve immediately, or freeze.

Makes 2 servings



Tarrant County Public Health
<http://health.tarrantcounty.com>