

Sweet Potato Breakfast Boat

Ingredients

1 small or medium sweet potato or yam
1/2 cup Greek or non-dairy yogurt
1/3 cup blueberries
1/2 apple, chopped
2 TBSP nut butter of choice
Cinnamon to sprinkle on top

Directions

Wet a piece of a paper towel to the point where it is dripping (squeeze out water)

Using a fork, poke several holes throughout the potato to ensure the potato cooks through. Wrap potato with damp paper towel

Microwave wrapped potato for roughly **6 minutes**. *Tip: half-way through microwaving, flip the potato*

Once finished, slice the potato and open.

Start assembling! Add fruits, top off with yogurt and nut butter, and finish with cinnamon!

Recipe adapted from UCB Dietetic Interns

Get more recipes at

uhs.berkeley.edu/studentnutrition

This breakfast is not only quick & easy to make, but it's packed with fiber, healthy fats, protein & probiotics!

