

SWEET POTATO SMOOTHIE

YIELD: 2 SMOOTHIES

INGREDIENTS

1 cup	(250 mL) cold mashed American sweet potatoes
1 cup	(250 mL) frozen vanilla yogurt (or plain or vanilla yogurt)
1	frozen banana, cut into slices
1 cup	(250 mL) orange juice
½ tsp	(2 mL) pure vanilla extract

METHOD

1. Place all ingredients together in a blender and puree until smooth.
2. Add additional water or orange juice to adjust desired consistency.

NOTE: For frozen bananas, peel bananas and place in freezer bag in freezer to enjoy smoothies anytime!

Recipe created by Chef Sara Harrel on behalf of the American Sweet Potato Marketing Institute

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American Sweet Potato