

## Sweet Potato Smoothie

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### Ingredients for one portion:

1/2 medium US sweet potato  
240 ml almond drink  
1/2 banana  
1 tbsp cocoa powder, de-oiled  
1 tablespoon protein powder  
Some cinnamon



### Preparation:

1. Pierce the sweet potato a few times with the fork and cook with shell at 175 C° for about 20-30 minutes, depending on the size. When cool enough to handle, peel and puree until smooth.
2. Mix all ingredients in a blender.

**Preparation time:** 35 min.

### Nutrition facts:

Energy: 490 kcal/ 2050 kJ  
Carbohydrates: 71 g  
Protein: 18 g  
Fat: 12 g