

Sweet Potato Pie Smoothie Recipe

Serves: 2

Smoothie Categories: Immune Boosting, Low Calorie

Place all ingredients in a blender in the order listed and blend.

Ingredients

- 5 oz sweet potato - scrubbed, chopped
- 1 banana - peeled
- 2 dates
- 1 tsp cinnamon
- 3 tbsp rolled oats
- 1 1/4 cup water
- 1 cup ice

The perfect smoothie for a long, busy day or a hard workout, both sweet potatoes and rolled oats provide sustained energy. Both ingredients are also fantastic for your skin (oats are soothing and easy to digest, and sweet potatoes are full of beta-carotene). Add in some natural sweetness from dates and a banana, and a little bit of anti-inflammatory goodness from cinnamon, and you have a sweet treat that won't let your blood sugar crash.