

Sweet Potato Smoothie Bowl with Blueberries



Ingredients:

1 medium sweet potato, baked

1 cup blueberries, frozen

2 tablespoon flax seeds

2 tablespoons chia seeds

½ cup almond milk

1 tsp ground cinnamon

¼ teaspoon nutmeg

Blend all ingredients.

Top with granola, fresh berries and/or banana