

Sweet Potato Yogurt Fusion

Ingredients:

- 2 medium-sized sweet potatoes
- 1 ½ to 2 cups of light vanilla yogurt
- Berries of your choice (blueberries, raspberries, etc.) as garnish

Directions:

1. Boil the sweet potatoes until they are moderately soft to touch. Put them aside to return to room temperature (or refrigerate).
2. Grate cooled sweet potatoes using large-holed grater to make noodle-sized pieces.
3. Gently mix or fold the sweet potatoes into the yogurt.
4. Garnish on top with berries.

Serving size: 6-8

This can be kept in refrigerator for 4-5 days.

Shared by: Simin Saadati, RN, MSN

Registered Dietician Notes:

Calories: 94

Protein: 1.2 g

Carbohydrate: 22 g

Fat: 0 g

