SWEET POTATO SMOOTHIE

INGREDIENTS

1/2 cup cooked sweet potato, tightly packed
1 cup milk (or non-dairy milk of choice)
2 to 3 Medjool dates, pitted (other sweetener options include 1 tbs local honey or ½ frozen banana)
1/2 inch knob of fresh ginger (or 1/4 teaspoon dried ginger)
1/2 inch knob of fresh turmeric (or 1/4 teaspoon ground)
1/4 teaspoon ground cinnamon
1 tablespoon hemp hearts (optional; for added protein)

ice, as needed to thicken

METHOD

In a blender, combine ingredients. Blend until very smooth.

Taste the mixture, adding more sweetener if needed. Once smooth, add in a heaping cup of ice cubes and blend until they are totally broken down. You can add more ice if you’d like a thicker shake, but keep in mind that more ice will dilute the overall flavor. Serve chilled right away.