

Sweet Potato Banana Mash

Items Needed: Microwave safe bowl, fork, knife

Serves: 1

Ingredients:

- 1 medium sweet potato
- 1 ripe banana
- 2 oz nut butter
- Additional toppings:
 - Shredded coconut
 - Curry powder or turmeric
 - Sunflower seeds

Directions:

1. Place sweet potato in microwave safe bowl and microwave for 3 minutes. Rotate to opposite side and microwave for another 2 minutes or until the potato is fork tender.
2. Remove from the microwave and let sit for a minute or two to cool down.
3. Slice potato in half and mash the inside of the potato with your banana and nut butter.
4. You can add in additional seasonings such as curry powder, sunflower seeds or toasted coconut if you would like.

Nutrition Information (per ¼ recipe):

Calories: 304 Fat: 6.1 g Carbs: 51.7 g Protein: 6.7 g Fiber: 8.6 g

<https://wexnermedical.osu.edu/nutrition-services>

