



Healthy Sweet Potato Pie Shake



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



246 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 banana frozen medium to large thick ripe (depending on how you like it)
- ☐ 1 serving whipped coconut cream for garnish, optional (I used the recipe in Go Dairy Free)
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground flaxseed
- ☐ 0.5 tablespoon maple syrup to taste (coconut sugar or brown sugar also taste yummy in this)
- ☐ 0.5 cup milk alternative unsweetened (i use coconut milk beverage)
- ☐ 1 Dash nutmeg for garnish, optional
- ☐ 1 pinch salt

- ☐ 1 scoop mg stevia extract pure
- ☐ 0.5 cup sweet potatoes leftover steamed cooked mashed (i use sweet potatoes)
- ☐ 0.1 teaspoon vanilla extract

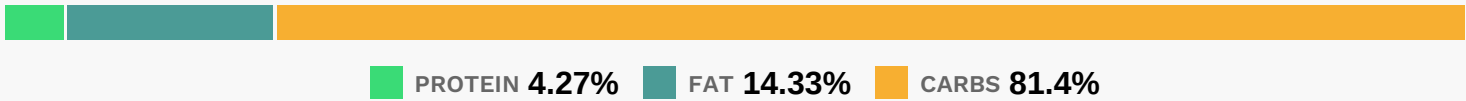
Equipment

- ☐ blender

Directions

- ☐ Place the sweet potato, banana, 1/2 cup of the milk alternative, flaxseed, vanilla, stevia (if using), cinnamon (start with 1/4 teaspoon), salt, and 1/2 tablespoon of the maple syrup in your blender and whiz until smooth.If it is too thick, add more milk alternative as needed and blend.Give it a taste test. If you are like me, and adore cinnamon, go ahead and add more. If not sweet enough, blend in more maple syrup to taste.
- ☐ Garnish with whipped coconut cream and a dash of nutmeg, if desired.

Nutrition Facts



Properties

Glycemic Index:256.28, Glycemic Load:22.34, Inflammation Score:-10, Nutrition Score:20.765652133071%

Flavonoids

Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 245.52kcal (12.28%), Fat: 4.19g (6.45%), Saturated Fat: 2.74g (17.16%), Carbohydrates: 53.55g (17.85%), Net Carbohydrates: 46.97g (17.08%), Sugar: 26.99g (29.99%), Cholesterol: 0mg (0%), Sodium: 78.31mg (3.4%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 2.81g (5.62%), Vitamin D: 59µg (393.33%), Vitamin A: 9512.37IU (190.25%), Manganese: 0.9mg (45.02%), Vitamin B6: 0.58mg (29.22%), Fiber: 6.59g (26.35%), Vitamin B12: 1.48µg (24.58%), Magnesium: 80.53mg (20.13%), Potassium: 695.15mg (19.86%), Vitamin B2: 0.26mg (15.19%), Vitamin C: 11.95mg (14.49%), Copper: 0.23mg (11.65%), Folate: 45.47µg (11.37%), Calcium: 97.98mg (9.8%), Vitamin

B5: 0.95mg (9.5%), Vitamin B1: 0.13mg (8.79%), Phosphorus: 73.75mg (7.38%), Vitamin B3: 1.26mg (6.28%), Zinc: 0.87mg (5.79%), Iron: 0.93mg (5.19%), Selenium: 2.12µg (3.03%), Vitamin E: 0.31mg (2.06%), Vitamin K: 2.03µg (1.93%)