

## Pumpkin Pie In A Bowl Smoothie

A medium sized sweet potato contains more than your daily requirement of vitamin A, nearly a third the vitamin C you need, almost 15 percent of your daily dietary fiber intake and 10 percent of the necessary potassium. Yes, you can eat sweet potatoes raw, but if you prefer to cook them no problem, either way is good.

2 servings

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½ avocado

1 cup raw or cooked sweet potato

1 cup carrots chopped

4 leaves of romaine

1 tsp pumpkin pie spice

½ cup almond milk or other nut milk of choice

½ cup water

2 Tb hemp seeds (optional for protein)

stevia to taste

- Place the carrots, sweet potato, avocado, pumpkin pie spice, nut milk and water into a blender. Blend well. If you have a low-speed blender, you will need to blend for an awhile to ensure the smoothie is smooth and creamy. Add more water if necessary.
- Taste the smoothie, add stevia and adjust the spices to your liking.

**Sweet potatoes are naturally anti-inflammatory.** Chronic inflammation especially in the gut makes us eat more and absorb less nutrition from our food. Eating anti-inflammatory foods such as sweet potatoes in place of inflammation causing food such as wheat can give us the energy we need while healing our bodies at the same time.

**Sweet potatoes are a complex carbohydrate that burn slowly in our system.** Filled with fiber, which naturally slows digestion, energy is released gradually into our body and cells. This slowed digestion provides a steady state of energy and keeps us full longer.

**Sweet potatoes are a nutrition-dense, power-packed, superfood.** Sweet potatoes contain high amounts of Vitamin E an antioxidant that helps protect our bodies from free radicals. Plus, they contain more than 100 percent of the daily requirement for Vitamin A (beta-carotene), helping our vision stay in tip-top shape.