

SWEET POTATO BOWL



YIELDS

1 Bowl



TIME

Depends -
20-60 min



INGREDIENTS

- 1 medium/large Sweet Potato
- 1 tbsp Coconut Oil, Avocado Oil, or Olive Oil
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- Optional: 1 scoop Collagen Powder
- Optional: 1/4-1/2 cup of Coconut Milk (for creaminess)
- Optional Toppings - see Breakfast Toppings Ideas on the next two pages for ideas

M *Make ahead:*

This can be made up to 5 days ahead of time and just reheated as necessary.

You can also freeze the cooked and mashed sweet potatoes for up to 6 months as well. I recommend placing individual servings in freezer-safe containers or bags. When you need them, thaw overnight in the fridge and reheat or quickly cook from frozen in a saucepan over medium heat. (Take out of the bag or container first)

S *Substitutions:*

Use cooked mashed carrots, pumpkin, squash, cauliflower, or any other root vegetable in place of the sweet potato if desired.

If you can't tolerate coconut milk, you can use your milk of choice. If you're on AIP, try either of these:

[Tigernut Milk](#), or [Banana Milk](#)

DIRECTIONS

To make, cook your sweet potato in **ONE** of the following ways:

Instant Pot: Put the steamer rack in the bottom of the Instant Pot liner and add 1 cup of water.

Poke holes in the sweet potato with a knife or fork and if necessary, cut into pieces small enough to fit into the Instant Pot. Turn the valve to "sealing" and hit "Manual" and set to 18 minutes for a small sweet potato, 22 for a medium-sized one, and 25 for a large-sized one. Quick-release when done.

Carefully remove the potato from the IP, remove the peel and place in a large bowl with the other ingredients. Use an immersion blender or potato masher to mash together. Serve with desired toppings.

Stovetop: Peel and cut the sweet potato into 1-inch cubes. Either bowl in a pot of water for 15 minutes (or until tender) or steam in a steamer basket for 10-15 minutes (until tender). Carefully place the sweet potato into a large bowl with the other ingredients. Use an immersion blender or potato masher to mash together. Serve with desired toppings.

Oven: Preheat the oven to 425 F. Prick holes all over the sweet potato with a fork or knife and set into the oven (either on a baking sheet or dish or directly onto the oven rack). Bake until tender, about 45-50 minutes. Carefully remove the potato from the oven, remove the peel and place in a large bowl with the other ingredients. Use an immersion blender or potato masher to mash together. Serve with desired toppings.

T *Additional Tips:*

This recipe calls for Collagen Powder, which is similar to gelatin, but does not have to be heated. It's a protein source that'll help keep you fuller longer and provide nutrients. You'll want to make sure you get collagen and NOT gelatin as gelatin will make the texture weird if you make this ahead of time and let it cool.

AIP BREAKFAST BOWL TOPPINGS

Make things exciting! Use these toppings over AIP porridges and breakfast bowls to add flavor, texture, and nutrients.

Acai Powder

Apple Butter (homemade, with compliant ingredients)

Apples, plain, diced or sliced

Apples, sautéed in a pan with cinnamon and coconut oil

Apple Sauce

Apricots, diced or sliced

Avocado, chopped or mashed

Bananas, sliced

Banana (Dried Chips), crumbled

Beets, raw, shredded

Blackberries

Blueberries

Cantaloupe, diced or sliced

Carob Powder (or made into homemade carob chips)

Carrots, shredded or grated

Cherries, diced or sliced

Cinnamon

Coconut Butter (also known as coconut concentrate or manna)

Coconut Cream

Coconut, Flakes or Unsweetened Shredded

Coconut Milk Yogurt (homemade preferable)

Coconut Sugar

Cranberries

Dates, chopped

Dragonfruit, diced or sliced

Dried Apricots

Dried Blueberries (make sure no sunflower oil)

Dried cherries (make sure no sunflower oil)

Dried Cranberries (make sure no sunflower oil)

Fennel, chopped finely or sliced

Fermented Apples and Raisins

Figs, dried or fresh, chopped or sliced

Freeze Dried Bananas

Freeze Dried Mango

Freeze Dried Peaches

Freezes Dried Pineapple

Freeze dried Raspberries

Freeze Dried Strawberries

Fresh Berries (except goji)

Fresh Fruit, chopped or diced

Frozen Fruits and Berries

Ginger (ground or freshly grated/minced)

Grapefruit, sliced or diced

Grapes

Honey

Kiwi

Lemon zest

Lime zest

Mace

Mango, sliced

Maple sugar

Maple Syrup

Melon, diced or sliced

Mint

Molasses

Oranges, sliced

Orange Zest

Passionfruit, diced

Peaches, sliced or diced

Peach Butter (homemade, with compliant ingredients)

Pears, sliced or diced

Pear Butter (homemade, with compliant ingredients)

Pineapple, diced or sliced

Plantain Chips, crumbled

Plums, sliced or diced

Pomegranate Arils

Raisins

Raspberries

Rhubarb, chopped or diced

Roasted Beets, diced

Roasted Strawberries

Rosemary, chopped finely

Sea Salt (large flake)

Strawberries, diced or sliced

Tigernuts (sliced or chopped)

Tigernut butter

Toasted Coconut (flakes or shredded)

Turmeric (ground or freshly grated/minced)

Vanilla Powder (grain-free, sugar-free)

Watermelon (without seeds), chopped

OTHER BREAKFAST BOWL TOPPINGS

If you're trying Gluten-free, Dairy-free, Paleo, or any other healing diet you can use any of the toppings on the AIP Toppings list OR any of these below as well! (This is not an exhaustive list - it's just to give you some ideas)

These are NOT compliant for the Core AIP Diet, but the starred items ARE compliant for Modified AIP.*

Almonds, sliced or chopped
Almond Butter
Bee Pollen
Cacao Nibs*
Cashews
Cashew Butter
Chia Seeds*
Cocoa Powder*
Chocolate Chips or shredded chocolate (dairy-free)*
Date Syrup
Dried Blueberries made with sunflower oil*
Dried Cherries made with sunflower oil*
Dried Cranberries made with sunflower oil*
Eggs, fried or poached
Flax Seeds*
Goji Berries
Hazelnuts
Hazelnut Butter
Hemp Seeds*
Japaleno slices
Macadamia Nuts
Nuts
Pecans
Pine Nuts
Pistachios
Pistachio Butter
Pumpkin Seeds*
Seeds*
Sesame Seeds*
Sunflower Seeds*
Sunflower Seed Butter*
Tomato (slices or diced)
Walnuts
Walnut Butter
Yogurt (almond, cashew, etc but not soy- or dairy-based)