

Sweet Potato Cocoa Smoothie

 <https://brickhousenutrition.com/blogs/recipes/sweet-potato-cocoa-smoothie>

Prep Time: 20 mins Servings: 1

What You'll Need:

ITEM	AMOUNT
Unsweetened Almond Milk	1 Cup
Raw Unsweetened Cocoa Powder	1 Tbsp
Frozen Banana	1 each
Cubed Sweet Potato (boiled & cooled)	1 Cup
Ground Cinnamon	1 Tsp
Raw Honey	1 Tbsp

Follow These Simple Steps:

1. Boil the cubed sweet potato until tender (15 minutes). Allow to cool.
2. Add all ingredients to a high-speed blender and blend until smooth.
3. Enjoy!

LET'S SEE YOUR RESULTS! Tag [@brickhousenutrition](#) on Instagram!