

Paleo Sweet Potato Porridge

 7 ingredients  20 minutes  4 servings

Directions

1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

Notes

Other Toppings Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

Leftovers Store in an airtight container in the fridge up to 3 to 4 days.

Ingredients

2	Sweet Potato
1 cup	Organic Coconut Milk (canned)
1 cup	Water
2 cups	Raspberries
2 tbsps	Coconut Oil
1 tsp	Cinnamon
2 tbsps	Unsweetened Coconut Flakes