



# Healthy Sweet Potato Boats

Adapted from *veggiekins*



## Ingredients



- 3 small sweet potatoes
- 1 1/2 Tbsp. maple syrup
- 1/3 cup oats
- 1/4 tsp. vanilla
- 2 Tbsp. creamy almond butter (or nut/seed butter)
- 1/2 tsp. ground cinnamon
- Pinch of salt



## Directions



Yield:

Serving size:

Total cost:    Serving cost:

1. Preheat oven to 415°.
2. Prep potatoes by piercing with a knife in several spots-to act as a vent for steam.
3. Lay the potatoes on a nonstick baking sheet and bake for 45-50 minutes.
4. While they are baking prepare your crisp topping by combining the oats, butter, maple syrup, cinnamon, salt and vanilla until the oats are evenly coated. This will be sticky and in clumps.
5. When potatoes are cooked, remove from oven and cut down the middle and stuff with crisp topping.
6. Return to oven and bake for another 12-15 minutes at 375°, or until they are golden brown.
7. Top with more almond butter and pecans and serve.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Healthy Sweet Potato Boats

Adapted from *veggiekins*



## Ingredients



- 3 small sweet potatoes
- 1 1/2 Tbsp. maple syrup
- 1/3 cup oats
- 1/4 tsp. vanilla
- 2 Tbsp. creamy almond butter (or nut/seed butter)
- 1/2 tsp. ground cinnamon
- Pinch of salt



## Directions



Yield:

Serving size:

Total cost:    Serving cost:

1. Preheat oven to 415°.
2. Prep potatoes by piercing with a knife in several spots-to act as a vent for steam.
3. Lay the potatoes on a nonstick baking sheet and bake for 45-50 minutes.
4. While they are baking prepare your crisp topping by combining the oats, butter, maple syrup, cinnamon, salt and vanilla until the oats are evenly coated. This will be sticky and in clumps.
5. When potatoes are cooked, remove from oven and cut down the middle and stuff with crisp topping.
6. Return to oven and bake for another 12-15 minutes at 375°, or until they are golden brown.
7. Top with more almond butter and pecans and serve.

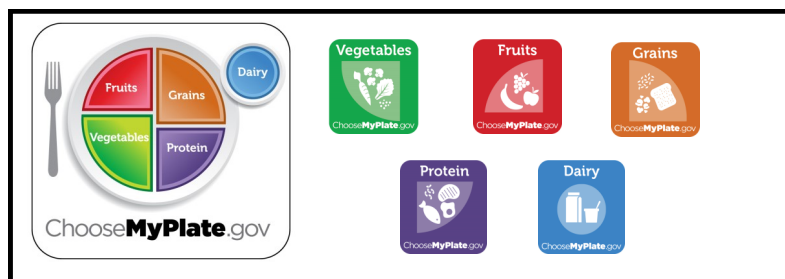
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



## Cooking Tips



-

Second Harvest is an equal opportunity provider.