



Sweet Potato Quinoa

Stick to your healthy habits during the holidays with our Sweet Potato Quinoa puree. Perfect for those who are approaching the puree phase of the bariatric diet but easily enjoyable for anyone looking for a healthy dish that doesn't want to sacrifice taste.

Ingredients:

- 1 sweet potato
- 1 apple
- 2 small carrots
- 1/4C quinoa
- 1/2C chicken stock
- Ginger, salt & pepper

Directions:

1. Roast sweet potato and apple at 350° for 20 minutes
2. Meanwhile, combine and bring to a boil chicken stock, quinoa, carrots and spices in pot - cover and simmer for 15 minutes
3. Remove skin from sweet potato and apple - add to pot
4. Puree with blender or food processor

“Everything you’ve ever wanted is on the other side of fear.” -George Addair

