



## Apple Cinnamon Stuffed Sweet Potato

1 serving  
55 minutes

### Ingredients

- 1 Sweet Potato (medium)
- 1/2 tsp Coconut Oil
- 1/2 Apple (medium, chopped)
- 1/4 tsp Cinnamon
- 1 tbsp Almond Butter
- 2 tsps Hemp Seeds (optional)

### Nutrition

Amount per serving	
Calories	314
Fat	14g
Monounsaturated	6g
Carbs	43g
Fiber	8g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	74mg
Potassium	735mg
Vitamin A	18495IU
Vitamin C	7mg
Calcium	110mg
Iron	2mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the baking sheet and pierce a few times all over with a fork. Place in the oven to bake for 45 to 50 minutes, until cooked through.
- 2 Meanwhile, heat a small saucepan over medium-low heat. Add the coconut oil and then the apple and cinnamon and sauté, stirring often until softened, about 8 to 10 minutes.
- 3 Slice the sweet potato open down the middle and add the apple. Add the almond butter and hemp seeds, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Nut-Free:** Use sunflower seed butter or tahini instead.

**Additional Toppings:** Coconut yogurt, flax, sunflower or pumpkin seeds.