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| **Breakfast** | |
| **YIELD 2 SERVINGS** **Ingredients** 2 medium sized sweet potatoes, cooked, peeled and shredded  1 tsp turmeric powder  1 tsp garlic powder  1 green onion chopped  1 tbsp olive oil  Salt to taste  Pepper to taste C:\Users\cdmil\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CA34ECC6.tmpImage result for gluten free logoImage result for nut free logo**Nutritionals 1 cup Per Serving**  □ Calories 114 Cal  □ Protein 2 grams  □ Fiber 4 grams  □ Sugar 6 grams  □ Carbs 27 grams  □ Fat .1 grams | Sweet Potato Hash BrownsPREP 10 MIN | COOK 50 MIN | TOTAL 1 HOUR  **Directions**Step 1 Preheat the oven to 400 degrees.  Wash the sweet potatoes and wrap them in aluminum foil and place them in the oven.  Bake the potatoes for 40 minutes or until you can easily insert a fork into the flesh of the potato.  Once baked set aside and let cool.  If you have an Instant Pot please see the Instant Pot sweet potato recipe! Step 2 Once the potatoes have cooled down, peel the skin of potatoes and discard.  Take each potato and shred by using a manual grater or food processor. Step 3 Chop the green onion and set aside in a small bowl. Step 4 Add the turmeric and garlic powder to two cups of the shredded potatoes and mix well.  Pour 2 tablespoons of olive oil into a medium sized sauté pan over medium high heat on a cook top.  Once the oil starts crackling add the two cups of shredded potato into the pan.  Cook the potatoes on each side for about 4-5 minutes or until crispy brown. Step 5 Once the hash browns are cooked through season with salt & pepper to taste, plate and serve! **Tips** Try to cook your potatoes ahead of time if you can.  This will allow you to cook your breakfast quicker when needed!  NOTES |