

# Sweet Potato Pie Oatmeal

## Ingredients::

1 large sweet potato, peeled and diced (or use leftover baked sweet potato from the night before)  
1 cup rolled oats  
1 cup unsweetened almond milk  
1/4 cup date or maple syrup or molasses  
1/2 tsp ground cinnamon  
1/2 tsp ground ginger  
1/4 tsp orange zest  
1/4 tsp ground allspice  
pinch salt

## Directions:

Steam or boil the sweet potato until tender, about 10 minutes.  
Drain and mash it and add it to a small saucepan with the oats, almond milk, sweetener, cinnamon, ginger, orange zest, allspice and salt.  
Cook the mixture over medium heat until the oats are tender, 10-12 minutes.  
Serves 2

