

## **Ginger Orange Sweet Potato Smoothie**

*Courtesy of North Carolina Sweet Potato Commission.*



### **Ingredients**

- 1 medium baked sweet potato, cooled and peeled
- 1/2 teaspoon orange zest
- 1 medium navel orange, peeled after zesting
- 1 medium apple, cored
- 1 banana, peeled
- 1 tablespoon maple syrup
- 1/2 teaspoon grated fresh ginger
- 1/4teaspoon ground cinnamon

### **Instructions**

1. Puree all ingredients in a blender until smooth. If desired, add a little water.

Number of servings (yield): 2 smoothies