**Sweet potato smoothie with walnut milk**



**Ingredients for 4 Smoothies à 200 ml:**

300 g sweet potatoes from North Carolina

200 g walnut kernels

1 mango

2 limes

Cinnamon powder

**Directions:**

1. Preheat oven to 180 °C (upper and lower heat). Wrap sweet potatoes into aluminum foil and bake for 60-80 minutes. Take out the oven and remove the pulp with a spoon – 200g is needed.
2. Blend walnuts with 450 ml water very finely, then put through a sieve.
3. Peel mango, separate pulp and core, chop pulp. Squeeze lemons.
4. Blend everything again and season with lime juice and cinnamon.

**Tip: cook sweet potatoes the evening before.**

**Preparation time:** 60 minutes + 4 hours baking time

**Nutrition facts per portion:**

Energy: 410 kcal/ 1720 kJ

Protein: 8 g

Fat: 32 g

Carbohydrates: 23 g