

# Healthy Sweet Potato Pie Smoothie

## Creamy, Naturally Sweet & Packed with Nourishing Ingredients

There are few desserts that feel as comforting as a slice of sweet potato pie. The warm spices, creamy filling, and naturally sweet flavor bring back memories of family dinners, holidays, and cozy afternoons. The good news is you don't have to wait for a special occasion to enjoy those delicious flavors.

This Healthy Sweet Potato Pie Smoothie transforms a classic dessert into a nourishing breakfast or snack that's loaded with protein, fiber, vitamins, and minerals. Instead of refined sugar and heavy cream, this recipe gets its sweetness from naturally sweet roasted sweet potatoes and ripe banana. Greek yogurt provides a boost of protein to help keep you satisfied, while oats add extra fiber to support digestive health and lasting energy.

Whether you're looking for a quick breakfast before work, a post-workout recovery drink, or a healthier way to satisfy your sweet tooth, this smoothie delivers all the comforting flavors of sweet potato pie in just five minutes.

## Why You'll Love This Recipe

- Tastes like homemade sweet potato pie
- Naturally sweet with no refined sugar
- Rich in protein and fiber
- Loaded with vitamin A for eye and immune health
- Ready in only 5 minutes
- Great for breakfast, snacks, or healthy dessert

# Prep Time

5 minutes

# Cook Time

0 minutes

# Total Time

5 minutes

# Servings

2 smoothies

# Ingredients

- 1 cup cooked roasted sweet potato, cooled
- 1 frozen ripe banana
- $\frac{3}{4}$  cup plain nonfat Greek yogurt
- 1 cup unsweetened almond milk
- $\frac{1}{4}$  cup old-fashioned rolled oats
- 1 tablespoon natural almond butter
- 1 teaspoon pure vanilla extract
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon pumpkin pie spice
- Pinch of ground nutmeg
- 1 teaspoon maple syrup or honey (optional)
- $\frac{1}{2}$  cup ice cubes (optional for a thicker smoothie)

# Instructions

1. Add the almond milk to your blender.
2. Add the cooked sweet potato, frozen banana, Greek yogurt, oats, almond butter, vanilla, cinnamon, pumpkin

- pie spice, nutmeg, and optional maple syrup.
3. Blend for 60–90 seconds until smooth and creamy.
  4. Add ice cubes if you'd like a thicker texture and blend again.
  5. Pour into two glasses.
  6. Sprinkle with a little cinnamon before serving.

## Recipe Tips

- Roasting sweet potatoes instead of boiling them creates a richer, sweeter flavor.
- Freeze roasted sweet potato cubes for an even creamier smoothie.
- Use a very ripe frozen banana for natural sweetness.
- Add a scoop of vanilla protein powder for an extra protein boost.
- Sprinkle crushed pecans on top for a pie-inspired crunch.

## Nutrition Facts

### Per Serving (Approximate)

| Nutrient      | Amount                         |
|---------------|--------------------------------|
| Calories      | 270                            |
| Protein       | 18 g                           |
| Carbohydrates | 35 g                           |
| Dietary Fiber | 6 g                            |
| Total Sugars  | 13 g                           |
| Added Sugar   | 0–2 g (depending on sweetener) |
| Total Fat     | 7 g                            |
| Saturated Fat | 1.5 g                          |
| Cholesterol   | 6 mg                           |
| Sodium        | 140 mg                         |

| Nutrient  | Amount  |
|-----------|---------|
| Potassium | 640 mg  |
| Calcium   | 25% DV  |
| Iron      | 8% DV   |
| Vitamin A | 280% DV |
| Vitamin C | 18% DV  |

## Health Benefits

### Rich in Vitamin A

Sweet potatoes are one of the best natural sources of beta-carotene, which your body converts into vitamin A. This nutrient supports healthy vision, skin, immune function, and cell growth.

### High in Fiber

The combination of sweet potatoes, oats, and banana provides dietary fiber that supports digestive health and helps you feel full longer.

### Excellent Source of Protein

Greek yogurt adds high-quality protein, making this smoothie a satisfying option that can help support muscle maintenance and reduce mid-morning hunger.

### Naturally Sweet

This recipe relies primarily on fruit and sweet potato for sweetness, making it a healthier alternative to milkshakes or sugary coffee drinks.

## **Provides Lasting Energy**

Complex carbohydrates from sweet potatoes and oats provide a more gradual release of energy compared to highly refined breakfast foods.

## **Variations**

### **Higher Protein**

Add one scoop of vanilla protein powder.

### **Dairy-Free**

Replace the Greek yogurt with a plain dairy-free yogurt and use your favorite unsweetened plant-based milk.

### **Extra Fiber**

Blend in 1 tablespoon of chia seeds or ground flaxseed.

### **Fall Flavor**

Add a tiny pinch of ground cloves and extra pumpkin pie spice for even more classic sweet potato pie flavor.

## **Storage**

This smoothie tastes best immediately after blending. If you have leftovers, store them in an airtight container in the refrigerator for up to 24 hours. Shake or stir well before serving, as natural separation may occur.

## **Frequently Asked Questions**

### **Can I use canned sweet potato?**

Yes. Use plain canned sweet potato with no added sugar, syrup,

or spices. Avoid canned sweet potato pie filling.

**Can I make this smoothie ahead of time?**

Yes. Blend it the night before and refrigerate in a sealed jar. Give it a good shake before drinking.

**Can I freeze it?**

Yes. Freeze the smoothie in freezer-safe containers for up to one month. Thaw overnight in the refrigerator and blend briefly if needed to restore its creamy texture.

**Is this smoothie healthy for breakfast?**

Yes. With protein from Greek yogurt, fiber from oats and sweet potatoes, and healthy fats from almond butter, it's a balanced breakfast option that can help keep you energized and satisfied throughout the morning.