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Creamy Sweet Potato Oatmeal

Ingredients

- 1 ¾ cups milk of your choice
- 1 pinch salt
- 1 cup old-fashioned oats
- ½ cup mashed sweet potatoes
- 2 Tbsp ground flaxseed
- ½ tsp ground cinnamon, or to taste
- ¼ tsp ground ginger, or to taste
- ¼ tsp ground cloves, or to taste
- 1 Tbsp honey
- ½ Tbsp salted butter
- 1 tsp vanilla extract

Additional Info

Prep: 5 mins
Cook: 10 mins
Total: 15 mins
Servings: 2

Directions

Combine milk and salt in a saucepan and bring to a boil over medium-high heat. Add oats, sweet potatoes, flax seeds, cinnamon, ginger, and cloves. Reduce heat to medium and cook, stirring often, for 5 minutes.

Remove from heat and stir in honey, butter, and vanilla extract.

Tip

One small, sweet potato yields about ½ cup mashed. If you used leftovers, you may need to adjust the honey or butter if your leftover sweet potato already had sweetener and butter in it.

Recipe Submitted by/Recipe Source: Tammy Lynn, Creamy Sweet Potato Oatmeal (allrecipes.com)