



Sweet Potato Shake

Ingredients:

1/2 cup mashed cooked sweet potatoes (yams)
1 (12-ounce) can apricot nectar, chilled
2 tablespoons honey
1/2 teaspoon vanilla extract

Instructions:

Using a food processor, blend all ingredients until smooth. Refrigerate.

Serving Size: 2 servings

Cook Time: 5 minutes