



Monster Mash!!!

Purple Sweet Potato Oatmeal

Ingredients:

1 cup rolled oats (choose GF as needed)
1 3/4 cups milk (Or unsweetened Coconut Milk or Almond Milk)
1 Cup chopped peeled purple sweet potato
½ tsp ground cinnamon
Pinch ground allspice
Pinch cinnamon
Sweetener to taste (brown sugar, agave, stevia, maple syrup would all work)

Toppings:

2 tbsp chopped or whole pecans (or walnuts for monster hair)
2 googly eyes (will need white chocolate morsels & mini dark chocolate morsels)
2 tbsp honey or agave nectar
Optional slivered almonds, pumpkin seeds, sunflower seeds (for scary monster teeth)



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Instructions:

Place white chocolate morsels on parchment papers, on a microwave safe flat dish, (*assure morsels are facing with tip up.) Microwave for approx. 2 minutes, or until chocolate has melted slightly. Next, carefully place a mini dark chocolate chop morsel on top of all the white chocolate; lightly press, enough so that it sticks into the white chocolate. Place in refrigerator and allow to cool for at least 5 minutes.

Meanwhile, place potatoes on microwave safe dish and microwave for 4-5 minutes. (Or alternatively, roast the sweet potatoes in an oven at 400 degrees F for 20-30 minutes). Remove from microwave and mash well with fork.

To cook oats, place almond milk in a small saucepan and let it come to a boil. Stir in oats. Cook about 5 minutes on medium heat, stirring occasionally.

Before taking it off the heat, add sweetener and spices.

Next mix in together with sweet potato. Taste and adjust flavor seasonings as desired. If too thin, add small amount of milk (or milk alternative).

To Assemble Monster Face:

Divide into individual bowls. Place googly eyes + almond slivers for teeth + walnuts for monster hair!

Recipe brought to you by Shana Griffin, Registered Dietitian

Recipe adapted from <http://healthyslowcooking.com/2011/10/07/a-monster-ate-my-purple-sweet-potato-casserole-oatmeal/>