

# Instant Pot Mashed Japanese Sweet Potatoes with Blueberries and Pecans

5 servings Prep: 10m Cook: 20m

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5 large Japanese sweet potatoes (Whole Foods)  
1 cup water  
1 teaspoon cinnamon  
1/4 cup unsweetened vanilla almond milk  
5 scoops Vital Proteins unflavored collagen powder  
1 tablespoon maple syrup or honey (optional)  
2 tablespoons 4th & Heart Madagascar Vanilla Bean ghee

1. Peel the sweet potatoes.
2. Insert steam basket into pressure cooker and add 1 cup water.
3. Add sweet potatoes.
4. Lock the lid and cook sweet potatoes on high pressure for 25 minutes.
5. Quick release the pressure.
6. Remove the sweet potatoes and place in large mixing bowl.
7. Add the cinnamon, almond milk, collagen powder, syrup, and ghee. Mix well. Allow to cool.
8. Portion out 5 portions into food storage containers.
9. When ready to serve, top with blueberries and chopped pecans. You can eat cold or reheat in microwave (I love this warm)!

I love this as either a breakfast or quick snack! The addition of collagen can help ease joint pain, slow the aging process, help build muscle, and improve digestive health. Blueberries are high in fiber, Vitamin C, and Vitamin K, as well as the "King of Antioxidant Foods"! Pecans have anti-inflammatory benefits and can strengthen the immune system. Talk about a power meal!

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