

Healthy Sweet Potato Pie Breakfast

280 calories, 6 grams fiber, 18 grams protein, 12 grams fat, 10 grams carbs per serving

5 Eggs

1 cup grated sweet potatoes

3 Tablespoons ground flax seed

1 cup shredded organic Swiss cheese

1-2 chopped green onion

½ teaspoon salt

1/8 teaspoon pepper

1 teaspoon hot sauce

Created by Geraldine Novy, RN, Health Coach

Directions: Beat eggs; add potatoes and next 6 ingredients.

Pour into a 10 inch pie pan coated with vegetable spray. Sprinkle with paprika.

Cover and refrigerate at least 8 hours.

Place cold pie pan, uncovered in cold oven. Bake at 350 for 35 mins or until potatoes are tender and eggs done.

