



Purple Sweet Potato and Coconut Overnight Oats

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Yield: 1 serving

1/2 cup cooked, mashed purple or regular sweet potato
1/2 cup old-fashioned oats (rolled oats)
1/4 cup coconut milk
1/4 cup 1% or 2% milk
1 to 2 tablespoons light brown sugar or maple syrup

Topping:

1 teaspoon light brown sugar
2 teaspoons chopped pecans
2 teaspoons toasted coconut

1. Stir together sweet potato, oats, milks, and brown sugar in a half-pint or pint size fruit jar or container with a lid. Cover with lid and refrigerate overnight.
2. Stir in a little more milk if it's a little thick for you. Sprinkle with brown sugar, pecans, and coconut.

Healthy options:

Use only 2 tablespoons coconut milk and make it lite coconut milk. Opt for skim milk and leave off the toppings or use less.