



## Loaded Twice-Baked Sweet Potato

### Ingredients

- 3 medium sweet potatoes
- 3/4 cup 2% Greek yogurt
- 3 tsp zero-calorie sweetener
- 1 tbsp cinnamon
- 1/2 tsp allspice
- 1 tbsp vanilla extract

### Toppings

- 1 large green apple
- 3 tsp chopped pecans
- Cinnamon to taste

### Directions

1. Set oven to 375°F.
2. Bake sweet potatoes for 1-1/2 hours or until soft, yet still firm.
3. Allow the sweet potatoes to cool to room temperature. Note: You should immediately remove the sweet potatoes from foil if you wrapped them before baking.
4. Slice the sweet potatoes in half, carve out a portion of the insides, and place it in a separate bowl. The hollowed-out sweet potatoes should look like mini bowls.
5. In the bowl with the sweet potato contents, add Greek yogurt, zero-calorie sweetener, cinnamon, allspice, and vanilla extract. Mash and thoroughly mix together.
6. Restuff the sweet potato halves with the mixture and bake in the oven for another 8-10 minutes.
7. Chop the green apple into small pieces.
8. Set a nonstick skillet on medium heat and spray with coconut oil spray.

9. Toss in the chopped green apple and sprinkle with a little cinnamon. Saute the apple until the edges are brown.
10. Add the twice-baked sweet potato to your meal-prep container. Top with apple and 1 tsp chopped pecans.
11. Dive in. Boom.

Always remember to adjust portions and servings to support your fitness goals.