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SIMPLE SWEET POTATO SMOOTHIE

NOVEMBER 2, 2018 / BY AMY PALANJIAN / [LEAVE A COMMENT](#)

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With the flavors of [pumpkin](#) pie and a healthy line up of nutrients, this Sweet Potato Smoothie is a yummy way to offer up fruits *and* veggies for breakfast!



WELCOME!



I'm Amy, a recipe developer, writer, and mama. I'm here

to help you relax about what your kids eat (and don't!) with sane advice and simple, yummy recipes

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