



“Stop PMS” Sweet Potato Boat

This recipe is not just for women - it is simply a recipe I came up with to avoid my very persistent food craving due to PMS.

I crave carbs nonstop in any form you can give them to me during the week before my period! After trying to fight it and failing miserably many times I decided to give in...but not destroy my diet. I knew I needed something that was a carbohydrate, and filling too. Sweet potatoes meet all my requirements.

Sweet potatoes are chock full of minerals and vitamins. Not only that, but they have natural occurring sugars that satisfy my sweet tooth. When making this recipe I knew that I didn't want to be making sweet potatoes every morning – since baking a potato can take about 45 min, and then take another 10 minutes to cool before eating.

So what I did was I baked 4 potatoes all at once, and when they were cool I sliced them in half and very gently with a teaspoon removed all the flesh and put it in a bowl. From there I combined all the filling ingredients you'll find below, and stuffed the skins with the filling, then left three of the halves out and froze the rest.

These potato boats can store in the fridge for up to three days, which is why I chose to freeze the rest and take them out the night before

for the rest of the week. To reheat them, I put them in a toaster oven or broiled them in the oven until they browned on top. I topped these delectable boats with yogurt, raisins and toasted hazelnuts (walnuts are a good option too).

Here's the recipe!

Filling

- *1/4 cup butter (you can do less but your potato filling will be less moist)*
- *2 Tbl diced chives*
- *1/8 tsp nutmeg*
- *salt and pepper to taste*

Combine all these ingredients with the sweet potato flesh. Mash with a potato masher and fill the boats (skins).

Enjoy!
Jessa Greenfield