



## Carb- load for champions

### Ingredients

### Amount

Japanese Sweet Potatoes	2 Large
Granny Smith or Fuji Apples	2
Dr. Laleh's Sweet spice blend	1 TBS
Stevia	½ teaspoon
Olive oil	1 TBS + Spray as needed
Water	As needed

### Preparation:

- Wash and dry sweet potatoes, wrap in foil and bake for 1.5 hours at 400F.
- Allow sweet potatoes to cool.
- Cut sweet potatoes into 1 inch cubes. DO NOT peel.
- Wash apples and cut into 1 inch cubes- DO NOT peel.
- In a large pan, preheat olive oil on medium.
- Once the oil is heated, add the apples, mix and cover. Cook for 1-2 minutes on medium.
- Add pre-baked sweet potatoes to apples, add a small amount of water, sweet spices and stevia. Cover and cook for 3-5 minutes, stir periodically to prevent sticking.
- Spray with olive oil as needed. Lower and simmer for 5-7 minutes.  
Enjoy as a Carb-load meal.

This makes approximately 8-10 servings.