

# **Black Bean & Sweet Potato Patties**

## **Ingredients**

- 1 cup mashed sweet potato
- 1/2 cup cooked black beans
- 1/4 cup oats
- 1/2 tsp cumin
- Olive oil

## **Instructions**

1. Mash all ingredients together.
2. Form patties and pan-fry in olive oil.

## **Health Benefits**

Great plant-based protein, fiber, and immune support.

