

# Flaxseed & Spinach Stuffed Sweet Potatoes

## Ingredients

- 2 medium sweet potatoes (baked)
- 1 cup sautéed spinach
- 1 tbsp ground flaxseed
- 2 tbsp hummus
- Salt and black pepper to taste
- Optional: crushed red pepper flakes

## Instructions

1. Preheat oven to 375°F (190°C).
2. Slice each baked sweet potato lengthwise and gently mash the inside with a fork.
3. Mix sautéed spinach with flaxseed and hummus, then season.
4. Fill each sweet potato with the mixture.
5. Return to the oven for 10 minutes to warm through.
6. Serve warm with a sprinkle of red pepper flakes.

## Health Benefits

- Flaxseed: Boosts fiber and omega-3s, improving gut and heart health

- Sweet potato: Rich in beta-carotene for skin and immunity
- Spinach: High in iron, magnesium, and anti-inflammatory compounds
- Hummus: Adds plant-based protein and healthy fats