

# HEALTHY AFFORDABLE MEALS

## Vegetarian

### Loaded Sweet Potatoes (6 Serves)

#### Ingredients

- 6 sweet potatoes
- 1 cup black beans
- 1 cup corn kernels
- 1 ½ cups cheddar cheese, grated
- 1 ½ cups Greek yoghurt
- 2 limes, sliced

#### Method

1. Pre-heat oven to 180°C.
2. Poke holes into the sweet potatoes and place them on a lined baking tray.
3. Bake in the oven for about 45 minutes.
4. Remove from oven, slice open and scoop out a little of the flesh.
5. Stuff with black beans, corn kernels and sprinkle with cheese.
6. Place back into oven and wait for cheese to melt.
7. When ready, top with greek yoghurt and lime and enjoy.

#### Recipe change for your little one:

##### From around 6 months

- Puree cooked sweet potato, corn or black beans with little greek yoghurt separately.



##### From around 7-8 months

- Mash cooked sweet potato, corn and black beans with greek yoghurt.
- Food texture of meal is fork-mashed and soft.



##### From around 8-9 months

- Mash potato and give bite-sized pieces of grated cheese with greek yoghurt.



##### From 12 months onwards

- The meal can be the same texture as the family diet.

