



## Sweet Potato Hash

This savory, protein-packed breakfast made with sweet potatoes and bacon is sure to put instant oats to shame.

BY LILY KRASS

### INGREDIENTS MAKES 2 SERVINGS

- 2 medium-size sweet potatoes
- 1 Granny Smith apple
- ¼ white onion
- 8 oz. bacon (optional)
- 1 Tbsp. coconut oil
- 4 Tbsp. whole egg powder
- 1½ tsp. salt (plus more to taste)
- Handful fresh sage (or 2 tsp. dried)

**AT HOME 1)** Shred the sweet potatoes in a food processor or with a mandoline. Let the shredded potatoes soak in cold water for 5 minutes (this removes the starch and allows them to get crispy when cooked). **2)** Bring a large

pot of water to a boil and add sweet potatoes. Boil for 5 minutes. **3)** Drain and pat the potatoes dry, then place them on a baking sheet. **4)** Shred the apple and onion and place on another baking sheet. **5)** In the oven or a dehydrator, dehydrate the sweet potatoes, apple, and onion at 125°F for 6 to 7 hours, or until everything feels tough and dry. **6)** Once cooled, pack the potatoes, apple, and onion in a sealed bag. **7)** If using bacon, place a cast iron pan over medium-high heat and cook to preferred crispiness. Pack bacon in its own sealed bag lined with a paper towel. Bacon is best for shorter trips or your first morning out. Or, use store-bought pre-cooked bacon, which will last longer. **8)** Pack other ingredients separately.

**IN CAMP 1)** Soak potato, apple, and onion mixture in hot water (not boiling) for 5 to 10 minutes or until it's rehydrated and returned to original consistency. **2)** Once the vegetables soften, heat the coconut oil in a small frying pan. Drain sweet potato, apple, and onion mixture and add to pan along with bacon. **3)** Add water to egg powder according to directions, then add them to the mix. Fry until the potatoes are crispy and the scrambled eggs are cooked. **4)** Season with salt and sage.

CALORIES 560 | PROTEIN 29g | WEIGHT 7.8 oz.

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CALORIES, PROTEIN, AND WEIGHT ARE PER SERVING

