

5 DELICIOUS Sweet Potato RECIPES

Healthy, Easy & Full of Flavor!



- 1**
- ROASTED SWEET POTATOES**
- | INGREDIENTS | MEASUREMENT |
|---------------------|-----------------------|
| Sweet potatoes | 2 large (about 500 g) |
| Olive oil | 2 tbsp |
| Garlic powder | 1/2 tsp |
| Paprika | 1/2 tsp |
| Salt | 1/2 tsp |
| Black pepper | 1/4 tsp |
| Rosemary (optional) | 1 tsp |
- STEP-BY-STEP METHOD**
- Preheat oven to 200°C (400°F).
 - Peel (optional) and cut sweet potatoes into 1-inch cubes.
 - In a bowl, toss with olive oil, garlic powder, paprika, salt, pepper, and rosemary.
 - Spread on a baking sheet in a single layer.
 - Roast for 25–30 minutes, turning halfway through, until golden and tender.



- 2**
- CREAMY SWEET POTATO MASH**
- | INGREDIENTS | MEASUREMENT |
|------------------------|-----------------------|
| Sweet potatoes | 2 large (about 500 g) |
| Butter | 2 tbsp |
| Milk | 1/4 cup |
| Maple syrup (optional) | 1 tsp |
| Salt | 1/2 tsp |
| Black pepper | 1/4 tsp |
- STEP-BY-STEP METHOD**
- Peel and chop sweet potatoes into chunks.
 - Boil in salted water for 15–20 minutes until fork-tender.
 - Drain and return to the pot.
 - Add butter, milk, maple syrup, salt, and pepper.
 - Mash until smooth and creamy. Serve warm.



- 3**
- SWEET POTATO PANCAKES**
- | INGREDIENTS | MEASUREMENT |
|--------------------------------|-------------|
| Sweet potato (cooked & mashed) | 1 cup |
| Flour | 3/4 cup |
| Milk | 1/4 cup |
| Egg | 1 |
| Baking powder | 1 tsp |
| Cinnamon | 1/2 tsp |
| Salt | 1/4 tsp |
| Oil or butter (for cooking) | as needed |
- STEP-BY-STEP METHOD**
- In a bowl, whisk together flour, baking powder, cinnamon, and salt.
 - In another bowl, mix mashed sweet potato, milk, and egg.
 - Combine wet and dry ingredients until just mixed.
 - Heat a skillet over medium heat and grease lightly.
 - Pour 1/4 cup batter per pancake. Cook until bubbles form, flip and cook until golden.



- 4**
- SWEET POTATO SOUP**
- | INGREDIENTS | MEASUREMENT |
|-----------------|-----------------------|
| Sweet potatoes | 2 large (about 500 g) |
| Onion | 1 medium |
| Garlic | 2 cloves |
| Vegetable broth | 3 cups |
| Coconut milk | 1/2 cup |
| Olive oil | 1 tbsp |
| Salt | 1/2 tsp |
| Black pepper | 1/4 tsp |
- STEP-BY-STEP METHOD**
- Peel and chop sweet potatoes.
 - In a pot, heat olive oil and sauté onion and garlic until soft.
 - Add sweet potatoes and broth. Bring to a boil, then simmer 20 minutes or until tender.
 - Blend until smooth.
 - Stir in coconut milk, salt, and pepper. Heat through and serve.



- 5**
- STUFFED SWEET POTATOES**
- | INGREDIENTS | MEASUREMENT |
|---------------------------|-------------|
| Sweet potatoes | 2 large |
| Black beans (drained) | 1/2 cup |
| Corn | 1/4 cup |
| Red bell pepper (chopped) | 1/4 cup |
| Salsa | 1/4 cup |
| Cheese (optional) | 1/4 cup |
| Olive oil | 1 tsp |
| Salt & pepper | to taste |
| Green onions/cilantro | for garnish |
- STEP-BY-STEP METHOD**
- Preheat oven to 200°C (400°F).
 - Pierce sweet potatoes with a fork, rub with olive oil, salt, and pepper.
 - Bake for 45–60 minutes until soft.
 - Slice open and fluff the inside.
 - Top with black beans, corn, bell pepper, salsa, cheese (optional) and garnish with green onions or cilantro.

5 HIGH-PROTEIN SWEET POTATO BOWLS

HEALTHY • EASY • DELICIOUS

Linda — RECIPES —



- 1 STEAKHOUSE LOADED SWEET POTATO BOWL**
- | | | | | | | |
|---------------|----------------------|-------------------------|--------------|--------------|--------------|-----------------|
| Sirloin Steak | Roasted Sweet Potato | Shredded Cheddar Cheese | Crispy Bacon | Green Onions | Greek Yogurt | Steak Seasoning |
|---------------|----------------------|-------------------------|--------------|--------------|--------------|-----------------|



- 2 HONEY BBQ CHICKEN SWEET POTATO BOWL**
- | | | | | | | |
|-----------------|----------------------|-----------|--------------|-----------|-------------------------|--------------|
| Grilled Chicken | Roasted Sweet Potato | BBQ Sauce | Corn Kernels | Red Onion | Shredded Cheddar Cheese | Green Onions |
|-----------------|----------------------|-----------|--------------|-----------|-------------------------|--------------|



- 3 SOUTHWEST BEEF SWEET POTATO BOWL**
- | | | | | | | | |
|------------------|----------------------|-------------|--------------|---------------|-------------------------------|--------------|----------------|
| Lean Ground Beef | Roasted Sweet Potato | Black Beans | Corn Kernels | Pico de Gallo | Shredded Monterey Jack Cheese | Greek Yogurt | Taco Seasoning |
|------------------|----------------------|-------------|--------------|---------------|-------------------------------|--------------|----------------|



- 4 BUFFALO CHICKEN STUFFED SWEET POTATO BOWL**
- | | | | | | | |
|-----------------|----------------------|----------------------------|--------|------------------------|----------------------|---------------|
| Buffalo Chicken | Roasted Sweet Potato | Shredded Mozzarella Cheese | Celery | Greek Yogurt (Drizzle) | Blue Cheese Crumbles | Buffalo Sauce |
|-----------------|----------------------|----------------------------|--------|------------------------|----------------------|---------------|



- 5 LOADED PIZZA SWEET POTATO PROTEIN**
- | | | | | | | | |
|--------------------|----------------------|----------------|------------------|----------------------------|--------------|---------------|-------------------|
| Lean Ground Turkey | Roasted Sweet Potato | Marinara Sauce | Pepperoni Slices | Shredded Mozzarella Cheese | Black Olives | Green Peppers | Italian Seasoning |
|--------------------|----------------------|----------------|------------------|----------------------------|--------------|---------------|-------------------|

PREP ONCE, EAT ALL WEEK
STORE IN GLASS CONTAINERS
HIGH-PROTEIN & FILLING
KEEPS FRESH UP TO 4 DAYS
GREAT FOR WEIGHT-LOSS GOALS