

Top 50 Most Delicious Sweet Potato Recipes (Superfood Recipes Book 8)



Pleasantly sweet in flavor and extremely versatile, sweet potatoes are easily incorporated into any meal, including desserts. The health benefits of sweet potatoes make it important for them to be included in our daily diets. These fifty delicious recipes will help you in doing so. Try all of these recipes and indulge in their deliciousness. Enjoy the many health benefits of this SUPERFOOD! The color of a sweet potato provides some valuable information about their nutrition content. Orange fleshed sweet potatoes are one of nature's greatest sources of beta-carotene and vitamin A. Carotenoids help strengthen eye sight, boost immunity and also prevent the risk of lung cancer. The spectacular purple colored potatoes attain their color from anthocyanin pigments that provide antioxidant and anti-inflammatory benefits. Besides vitamin A, sweet potatoes are also known to be rich in vitamin B6, vitamin C and vitamin E. Studies reveal vitamin B6 to be unarguably important in preventing the blocking of arteries and heart attacks. Vitamin C and E, on the other hand, have been known to maintain the health of one's skin and hair, making sweet potatoes an important beauty food. Easy to follow steps so anyone can make and enjoy them! Each of the recipes have easy to follow steps allowing anyone to make them in no time at all. Tried, Tested and SO GOOD! These recipes have all been tried out by us and we LOVE each and every one of them. So get to it and satisfy your sweet potato cravings!

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Baked Sweet Potatoes with Feta and Crispy Kale--talk about superfoods! **Top 50 Most Delicious Pate Recipes (Recipe Top 50s Book 42** 200 Recipes for Bringing Classic Good Food and Fond Memories to the Table Loaded with beta carotene, and hence Vitamin A, sweet potatoes are considered a superfood. Sweet. Potatoes. dessert to us. ServeS 8 to 10 5 medium sweet potatoes 1 Bake for 45 to 50 minutes until bubbling and lightly browned on top. : **Julie Hatfield: Books, Biogs, Audiobooks, Discussions The Chia Seed Smoothie Recipe Book: 21 Delicious and Healthy** Top 50 Most Delicious Sweet Potato Recipes (Superfood Recipes Book 8). Top 50 Most Delicious Sweet Potato Recipes (Superfood Recipes Julie Hatfield. **Lentil Recipes: The Ultimate Collection (English Edition) eBook** Top 50 Most Delicious Sweet Potato Recipes (Superfood Recipes Book 8). 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