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Sweet Potato Recipes: Delicious Sweet Potato Recipes To Keep You Fit And Healthy (The Simple Recipe Series)



Synopsis

Ready Recipe Books presents: Simple Sweet Potato Recipes. This is the only recipe book you will ever need to lead a truly nutritious lifestyle. Sweet Potato is a perfect ingredient for those who are in need of a healthier diet or someone who just wants to experience a new and magical culinary experience. Sweet Potato is a nutrient and mineral rich Superfood that allows you to cook just about all of your favorite meals, whilst keeping you healthy. Inside This Book You Will Find Out; About Sweet Potato The Nutritional Values of Sweet Potato Tips When Cooking with Sweet Potato 30+ Delicious Sweet Potato Recipes You Might Ask, Why Sweet Potato? -Sweet Potatoes are rich in fiber and beta-carotene. -Sweet Potatoes help prevent colds and flu. -Packed with complex carbohydrates (The good carbs). -Low glycemic index rating so it's great for those with diabetes. -Helps to combat free radicals that result in skin aging. Recipes Included In This Book: Breakfast Recipes Healthy Hash Browns Sweet Potato Flapjacks Sweet Potato Morning Flautas Toasted Sweet Potato and Brie Omelet Sweet Potato Crunch with Bacon Sweet Potato and Spice Scrambled Eggs French Toast with Sweet Potato Twist Morning Sweet Potato Fritatas Baked Breakfast Casserole Sweet Potato Breakfast Burrito Entree Recipes Tossed Black Bean and Sweet Potato Salad Cheesy Sweet Potato Wraps Vegetable Tacos Vegan Friendly Veggie Burgers Peanut and Vegetable Stew Seared Chicken Breast and Sweet Potato Salad Sweet Potato Curry Cups Southwestern Sweet Potato Skins Creamy Sweet Potato and Parmesan Pasta Vegetarian Open-faced Pita Pizza Creamy Mango and Sweet Potato Stew Shepherd's Pie Lite Sweet Potato Chicken Roll Ups Sweet Potato and Beef Skewers Desserts and Snacks Quick and Easy Sweet Potato Pie Sweet Potato and Cinnamon Cookies Carrot and Sweet Potato Slice Candied Sweet Potatoes Sweet Potato Loaf Marshmallow and Sweet Potato Pudding Creamy Sweet Potato Popsicles Creamy Custard Pie with Sweet Potato Filling IF YOU PURCHASE THIS BOOK, PLEASE DON'T FORGET TO LEAVE US A REVIEW AND CHECK OUT OUR OTHER BOOKS.

Book Information

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Customer Reviews

This book is filled with sweet potato recipes. They have recipes for breakfast, lunch, dinner and snacks. I had no idea you could do so much with sweet potatoes. My husband loves sweet potatoes. I normally just bake them and eat them with brown sugar and cinnamon on them. But there are so many good recipes to try in this book. We are trying to eat healthier and have added more sweet potatoes to our diet. This gives me some very good recipes to try. Some of them are fairly easy to make and some take a little more time. But they are worth it. One fact I learned from reading the book is that one cup of sweet potatoes gives you all the vitamin C recommended per day. It also has lots of magnesium. In our world today there are many people that don't get enough magnesium in their diets. So this is a good and tasty way to get it. I love the recipes and photos included in the book. I want to try the sweet potato pancakes on morning. I think that would be so good. I got the kindle edition of the book. I have a kindle but I like to use the kindle app on my computer. Mainly because it is larger print. If you like sweet potatoes or if you are learning to like them, this book has plenty of tasty recipes to try. You should be able to find several and make them your favorite go to sweet potato recipes. I thought the book was well written and easy to read. Very useful. <http://amzn.to/29vRAsU>

Since learning about the wonderful health benefits of sweet potatoes, I have been looking for recipes that include this versatile ingredient. This book has it all. Every recipe is easy to follow and most include staples you would have in your kitchen. Other recipes display more exotic flavors and delicious combinations, like the Creamy Mango and Sweet Potato Stew. I learned something new,

even the leaves of the sweet potato can be served as greens. And, with the high level of vitamins C, A, and D, these recipes are not only delicious, but healthy for you. I loved the breakfast recipes, especially the Sweet Potato Morning Floutas and the Toasted Sweet Potato and Brie Omelet. Even my son who is a very picky eater loved the Cheesy Sweet Potato Wraps and Sweet Potato Cinnamon Cookies. There are even vegan sweet potato recipes. And for those with high blood pressure, this is the best recipe book, since sweet potatoes have a minimal impact on blood sugar levels. Highly recommend.

Who knew you could do so much with sweet potatoes? This book is well written, with recipes spelled out in detail so you know what to do. No vague instructions here other than suggesting you season a few things to taste. I am impressed with this book, it has pictures, clear instructions and great recipes my family will actually eat. It is not full of exotic sounding ingredients that will cost an arm and leg to purchase. The recipes are not dozens of steps to make, they all seem to be straight forward and relatively fast. Sweet potatoes can be used in many recipes, but I had no idea just how many!

I liked the recipes contained within this book and will be utilizing it in my diet. Sweet potatoes are one of my favorite foods to eat.

Jesus this was heavenly sent worth every penny. I love sweet potatoes maybe a little too much. Great recipes my favorite recipe is the creamy sweet potato Popsicle. I didn't know a book like this existed glad I came across there's way a lot of recipes in this book that I still need to try.

There are some good ideas here for different ways to you sweet potatoes . Unfortunately the excellent ideas are somewhat marred by typos and inconsistent directions . For those that have basic understanding of cooking techniques this is not too big a problem , for novice cook it could pose some difficulty.

Wow, I never expect to learn this much of recipes using sweet potatoes. With all those healthy, nutritious, simple, and easy to follow recipes, you can make your own sweet potato recipes of the day. Since, I love cookies I want to try making those sweet potato and cinnamon cookies.

This book is very well written and informative as well. The recipes are divided by categories of

meals. They are very doable for the average cook. Who knew how versatile that sweet potatoes are. Hears to yummy healthy living.

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