

Sweet Potato Salad

2 sweet potatoes cut into 2 cm pieces
1 avocado diced
1 can of mixed beans drained & rinsed
3 spring onions thinly sliced
1 red capsicum seeded & diced
1 -2 corn cobs shucked
1 bunch coriander chopped
Herbamare & pepper to taste
2 tablespoons apple cider vinegar

Place sweet potato on baking tray season with herbamare & bake until golden brown. In a large bowl add all other ingredients. Toss through baked sweet potatoes & season to taste.

Will keep in the fridge for up to 3 days



Sweet potato Chips

Sweet potatoes peeled or washed cut into 1cm-thick chips or 0.5cm circles.
1 teaspoon olive or coconut oil
Herbamare
Rosemary or Mixed herbs (optional)

Preheat oven to 200C
Place oil in the palm of your hand and spread onto both hands. Coat the sweet potatoes and spread into a single layer on a baking tray lined with baking paper. Sprinkle with herbamare & preferred seasoning (optional).

Bake until golden brown & tender.

Baked Sweet Potato

Small sweet potatoes baked whole
bunch of parsley finely sliced
red cabbage finely shredded
2 carrots grated
4 spring onions chopped

Dressing

1 orange peeled & deseeded
1 tablespoon tahini
Herbamare to taste
Blend until smooth

Combine salad ingredients with dressing.

Cut sweet potatoes in half and top with cabbage salad

Sweet Potato Mash

Sweet potato peeled
milk (I use almond)
Herbamare & pepper to taste
curry powder (optional)

Steam sweet potato until cooked
Transfer to bowl or food processor
Add seasonings
Blend or mash adding enough milk to get desired consistency

Alternatively add 1/4 cup nutritional yeast for a cheesy flavoured mash