

# ANNE TRAVELFOODIE

## Sweet potato recipes





# Welcome

My name is Anne de Graaf, I live in the Netherlands and I love to travel and to eat good food. On [www.annetravelfoodie.com](http://www.annetravelfoodie.com) I blog about these two passions.



I've visited over 50 countries and I'm sharing my travel experience with you to inspire you and give you practical tips. As a 'foodie' I'll tell you where to eat (healthy) at the destinations that I've visited. But this e-book isn't about my travels, it's about food!

I've always been into cooking and baking and now that I'm getting older, I find myself more and more into healthy food. It started with cutting meat and added sugar and since my vegan challenge I'm trying to eat more plant based. All the recipes on my website are sugar free and meat free. Many of my recipes are gluten free, vegan, dairy free, paleo, raw or fat free. And all of them are healthy!

I hope that this e-book and my website inspire you to take good care of yourself!

You can reach me at [info@annetravelfoodie.com](mailto:info@annetravelfoodie.com) for questions or comments! Enjoy this e-book!

Anne



# Sweet Potatoes

This e-book is all about sweet potatoes! I love all vegetables but sweet potatoes are definitely one of my favorites.

They're tasty, affordable and you can use them in so many ways!

In this e-book I'm showing you that you can even have them for breakfast or lunch.



Did you know that sweet potatoes actually aren't potatoes but vegetables? They contain less carbs and less calories than regular potatoes. And I think they're more tasty too!

Sweet potatoes are high in complex carbohydrates, fiber and beta-carotene.

As sweet potatoes are gluten free, they fit a gluten free diet. They're also a great carb for vegetarians to add to their meal.

I hope you'll enjoy making the recipes in this e-book!



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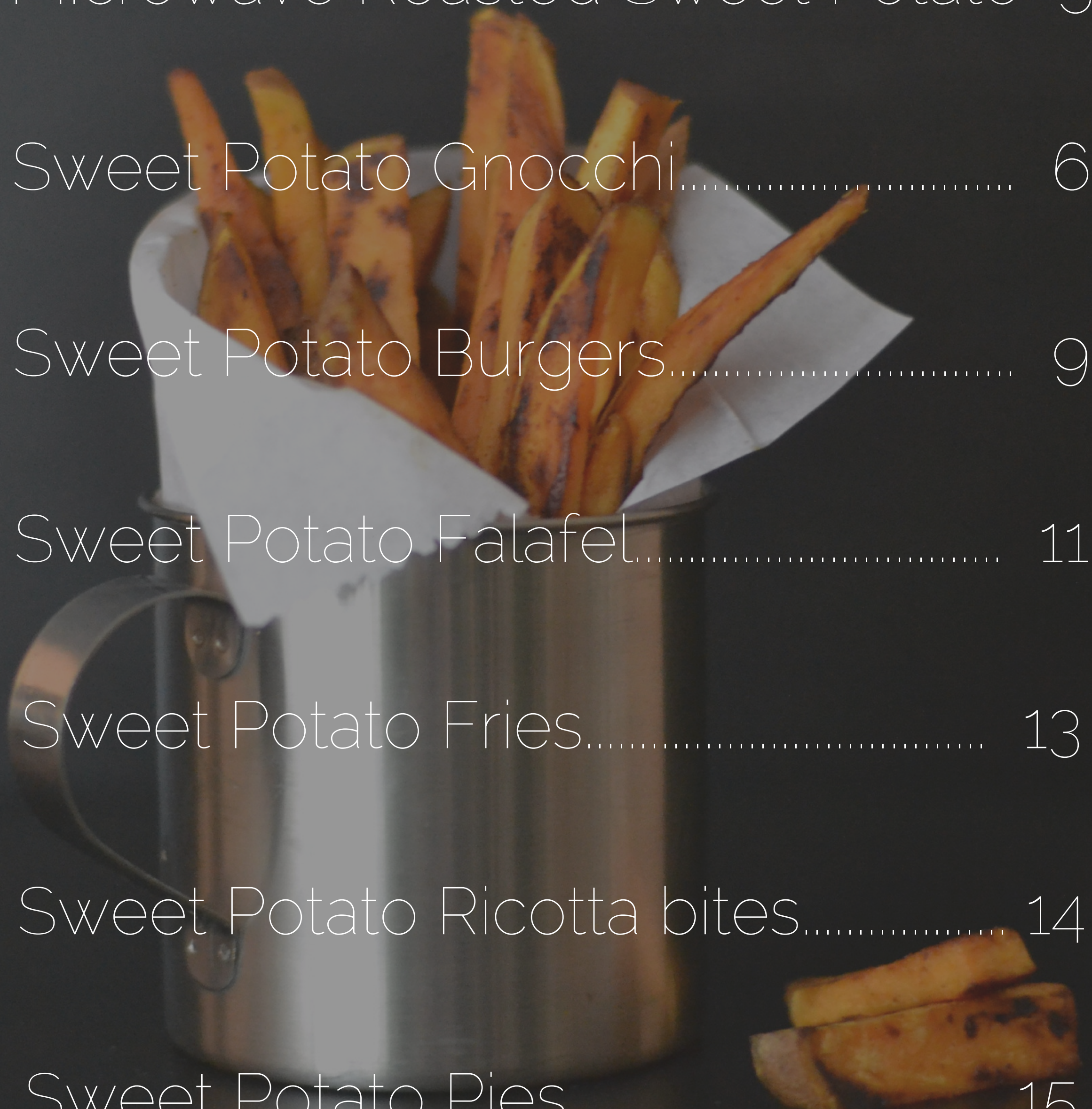
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# Sweet potato toast



It was a big trend in foodland: sweet potato toast. After I tried it I totally understood the hype. It's super easy to make, very healthy and it tastes great!

There's not even a real recipe: just cut a sweet potato in slices and toast them in a toaster. I toasted them twice, so that the sweet potato is soft on the inside and a bit crispy on the outside.

You can top the sweet potato toast with whatever you want! You can slice an avocado and sprinkle it with sesame seeds for example.

But sweet potato toast also tastes great with mashed avocados and tomatoes. And don't forget peanut butter and banana! Add some raw cacao nibs if you're feeling festive!





# Sweet Potato Shakshuka



When I first made the classical Shakshuka, I was hooked! I made it many times, for breakfast, lunch or an easy dinner. I thought it was time to experiment a little with this Middle Eastern dish. I decided to add some sweet potatoes to it!

This makes the dish very filling and will sure tame your appetite! This dish is vegetarian, gluten free and lactose free.



Ingredients for 2 servings:

- \* 4 eggs
- \* 2 sweet potatoes, peeled
- \* 1 red bell pepper
- \* 1 onion
- \* 2 garlic cloves
- \* 5 tomatoes
- \* 1 tbs za'atar herbs
- \* fresh parsley



Chop the onion, sweet potato, pepper, garlic and tomatoes.

Heat oil in a skillet and add the garlic and onion. Stir for a minute and then add the red bell pepper and sweet potato. After 4 minutes add the chopped tomatoes. Turn down the fire, cover the pan with a lid and let it simmer for about 15 minutes. Sprinkle with za'atar herbs and gently stir the mixture. Create 4 holes for the eggs with a spoon and crack the four eggs in the holes. Simmer the shakshuka on low fire with the lid on until the eggs are just set. Serve with bread.





# Sweet Potato Salad

This sweet potato salad is a great side dish for a picnic, a barbecue or a dinner party.

I was inspired for this recipe by Dutch food bloggers 'Chicks Love Food'.

I've adapted their recipe to make it vegan and even more healthy. With only 4 ingredients it's super easy to make.



Ingredients:  
2 sweet potatoes  
(peeled and sliced)  
2 avocados  
(peeled and cubed)  
3 spring onions  
(chopped)  
5 tbs soy yogurt  
(I used unsweetened soy yogurt)

Boil the sweet potato slices in hot water for 8 minutes. Drain the potatoes and put them in a big bowl. Add the avocado cubes and spring onion rings. Stir in the yogurt. Optionally you can add some pepper to taste.

That's all!



# Microwave Roasted Sweet Potato

Normally you roast potatoes in the oven and it takes quite a while, but did you know that you can also roast (sweet) potatoes in the microwave?



It's really easy! Just pierce one sweet potato per person with a fork at 3 or 4 places. Put them in a microwave proof bowl, and microwave for 4 minutes. Then turn them around and microwave for another 4 minutes. Then take the bowl out of the oven, cover it with aluminum foil and let it steam for about 10 minutes.

Cut your sweet potato through the middle and fill with stuffing of your choice.



You can for example use hummus, avocado, roasted pine nuts, fresh parsley and basil. Like pictured above.

Or go for rocket, grilled peach, cucumber and yellow bell pepper like the picture to the left.



# Sweet Potato Gnocchi



ANNE TRAVELFOODIE

I love gnocchi, this potato pasta has such a great taste. I've been thinking of making my own gnocchi for quite a while, since I love cooking and homemade food always tastes better.

I wanted to make a sweet potato version. As you might know I'm eating more plant based nowadays, so I wanted to make a vegan gnocchi. It almost sounded impossible at the start, because everyone told me that you will need eggs to make gnocchi. But I was determined, so I've created a vegan sweet potato gnocchi recipe. It's healthy and super tasty. I didn't miss the eggs at all and I loved the sweet potato flavor.

On the next pages is my recipe for 2 big portions, step-by-step pictures and a suggestion of how to make a full meal with the gnocchi.



# Sweet Potato Gnocchi

## Ingredients:

2 big sweet potatoes (or 3 smaller ones)

100 gram (3/4 cup) flour

Nutmeg

Salt & pepper



Start with roasting the sweet potatoes in the microwave as I explained in the previous recipe. Remove the skin and mash them and put in the fridge to cool. Once cooled, add a little bit of nutmeg (about half a teaspoon) and some salt and pepper. Gradually add the flour and mix with a spoon and form a dough with your hands.

Make 3 balls from the dough, cover your work surface with a bit of flour and roll the ball to a rope shape. Cut each rope in pieces and press with a fork in each piece to decorate it.





# Sweet Potato Gnocchi

If you want you can make a double portion and save the uncooked gnocchi in the freezer.

To prepare the gnocchi boil water in a medium pan and add the gnocchi. When they float to the surface, the gnocchi is done. This won't take long, so keep an eye on it.



Now your homemade, vegan sweet potato gnocchi is done and you can make whichever gnocchi recipe you want with it. I love frying them shortly with a bit of olive oil, just 1 or 2 minutes each side. Serve them with roasted tomatoes, fresh spinach and sage or thyme for a full meal!



# Sweet Potato Burgers



I love healthy burgers! This sweet potato burger is vegan, gluten free, colorful and delicious!

These sweet potato burgers are perfect for Friday night, when you feel like eating unhealthy. With these burgers you'll still be eating comfort food, but then with foods that are good for you!

On the next page is the recipe for 2 burgers.



# Sweet Potato Burgers

Ingredients:

- 1 sweet potato
- 1 tbs fresh parsley
- 3 tbs broad beans, finely chopped
- 1 ts italian herbs
- 1 tss chili flakes
- 1 ts lime juice
- 4 tbs of oatmeal flakes



Preheat oven to 180C/350F. Put the sweet potato in for 45 minutes. Let it cool and remove the skin. Mix the sweet potato with the other ingredients. Form two patties from the mixture with your hands. If you want, you can roll the patties in panko, sesame seeds or bread crumbs (with the latter they're not gluten free anymore).

Cool the burgers for about 30 minutes (or longer) in the fridge. Heat a bit of olive oil in a frying pan and fry the burgers for a couple of minutes on each side.



I served mine on a whole wheat bun with hummus, lettuce, tomato and a mixture of avocado and broad beans.



# Sweet Potato Falafel

I love sweet potato and I love falafel. So I decided to combine these two and make sweet potato falafel!

This falafel is vegetarian, vegan and optionally gluten free. The recipe is for 16 falafel balls, so it's about 3 portions.



## Ingredients:

- 1 big sweet potato
- 1 clove garlic, finely chopped
- 1 ts cumin
- 2 ts coriander
- 2 tbs lime juice
- 50 gram (1,7 oz) flour (use almond flour for gluten free)
- olive oil
- sesame seeds



# Sweet Potato Falafel



Roast the sweet potato in the microwave as I've explained earlier. Let it cool and remove the skin.

In a big bowl add the garlic, cumin, coriander, lime juice and flour to the potato and mash with a fork and/or your hands.

When it's mixed, form a big ball with your hands and set to cool in the refrigerator for an hour or so.

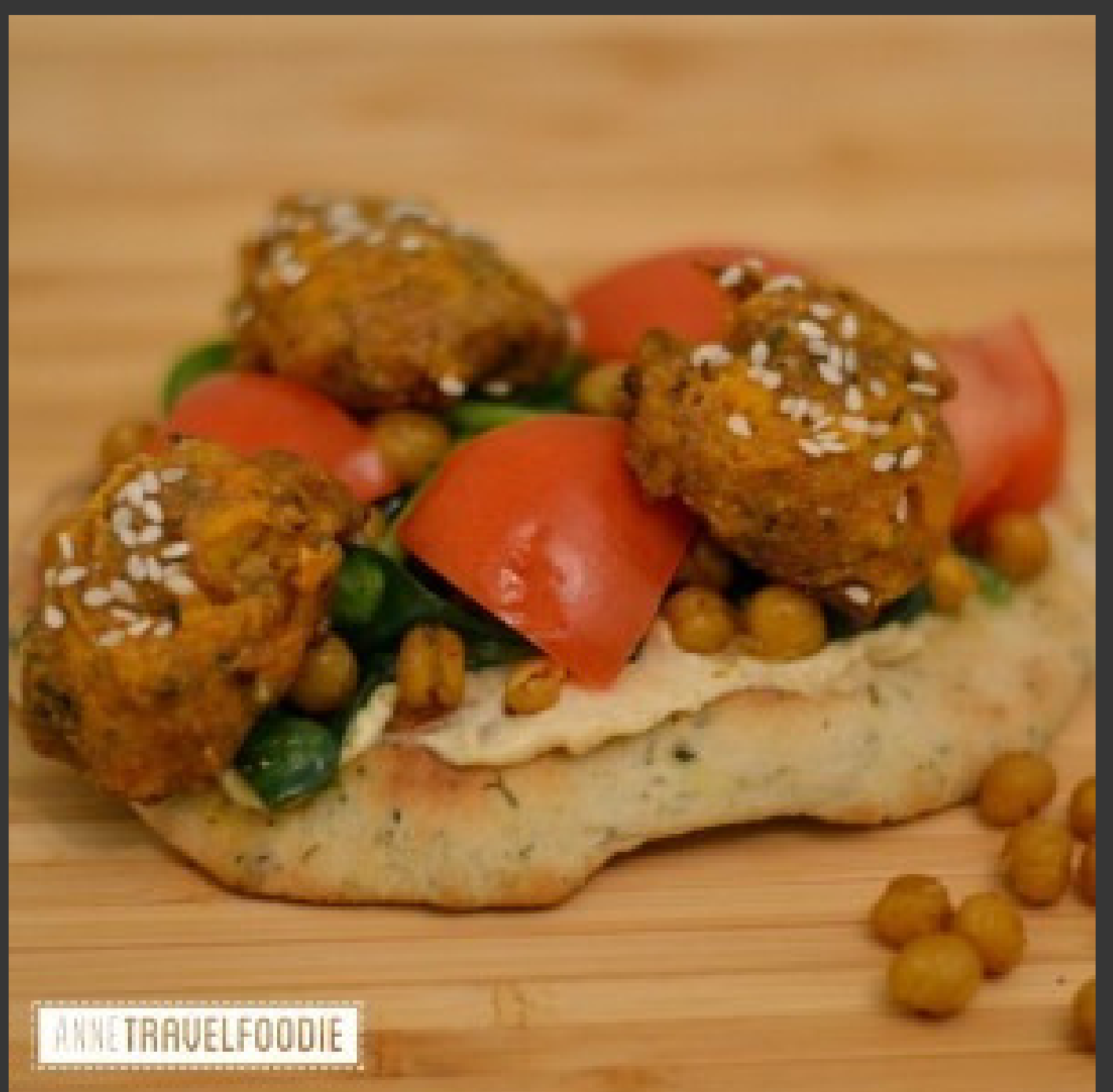
Heat the oven to 180C/350F again and drizzle a baking tray with olive oil. Using 2 spoons, scoop around 16 falafel balls from the mixture onto the tray. Shape them into falafel looking balls and sprinkle them with sesame seeds.

Bake them in the oven for 20 minutes.

They taste great on naan bread!

For one serving just grill 1 naan bread and cover it with hummus. Fry a handful of fresh spinach for just a couple of minutes and place it on the naan bread. Add a chopped tomato and 3 tablespoons of roasted chickpeas.

Top it off with the sweet potato falafel balls.





# Sweet Potato Fries



I often make sweet potato fries as a side dish. It's such a tasty way to add an extra portion of vegetables to your meal. I've tried several recipes but this one is my favorite!

Peel the sweet potatoes and cut them so that they're shaped like fries. Mix them with 2 tablespoons of coconut oil, 1 ts chopped dried cilantro and 1 ts cinnamon. Put the fries on parchment paper and put them in the oven for 40 minutes (200C/400F)





# Sweet Potato Ricotta bites



These sweet potato slices with ricotta are delicious! The cinnamon brings out the sweetness of the sweet potatoes and the ricotta adds a layer of creaminess!

You can serve these sweet potato bites as a starter, or as finger food at a party

## Ingredients:

1 sweet potato, sliced  
olive oil  
t tbs cinnamon  
100 grams (1/2 cup) ricotta cheese  
2 teaspoons oregano  
2 tablespoons walnuts  
2 tablespoons dried cranberries



Preheat the oven to 350F/180C. Spray an oven tray with olive oil. Divide the sweet potato parts over the oven tray and spray with olive oil again. Sprinkle with the cinnamon. Place them in the oven for 20 minutes, turn the sweet potato slices around and warm them for another 15-20 minutes.

In the meantime, mix the ricotta with the oregano and put them in the fridge until the sweet potato slices are ready. Chop the walnuts.

Remove the sweet potato slices from the oven. Place a tablespoon fo ricotta on each sweet potato slice and put them back in the oven for 2 minutes. Add the chopped walnuts and the cranberries. Optionally you can drizzle with agave syrup.





# Sweet Potato Pies



After making all the savory dishes with sweet potatoes I was determined to create a dessert with them as well. These sweet potato pies are the result! I wanted to create something like a sweet potato cheesecake, but I wanted to keep it vegan. So I created these healthy, vegen sweet potato pies.

I think they turned out great! You really don't need any sugar when you're baking with sweet potatoes. As the name suggests; they're sweet enough already! On the next page is the recipe for 4 mini pies or 1 small pie (20 cm pie plate).



# Sweet Potato Pies

## Ingredients

For the base:

150 gram (1 1/4 cup) spelt flour  
50 gram (1/2 cup) grated coconut  
1 banana

For the filling:

3 sweet potatoes  
60 ml (1/4 cup) unsweetened almond milk  
60 ml (1/4 cup) aquafaba\*  
1 tbs maple syrup  
1 ts cinnamon  
1/2 ts vanilla extract  
2 tbs spelt flour

\* aquafaba is the liquid in a can of chickpeas. Don't throw the chickpeas away but roast them or hummus with them!





# Sweet Potato Pies

Combine all the ingredients for the base in a bowl and mix until it formed a dough. I usually do this with my hands. Form four balls of the dough and roll them out to fit your pie pans. If you're making 1 bigger pie instead of 4 mini pies, you can of course just form 1 ball of the dough. Grease your pie pans before fitting the pie base in.



Roast the sweet potatoes as I've explained earlier. Remove the skin and let them cool. Blend all the ingredients except the spelt flour in a food processor. Preheat the oven to 180C/350F. Add the spelt flour to the sweet potato mixture and blend a little longer.

Divide the sweet potato mixture over the base and bake for 30-40 minutes. Remove them from the oven and let them cool down. Place in the fridge for a couple of hours or overnight.





# Thank You!

Thank you so much for downloading and reading my e-book with sweet potato recipes. I hope it inspired you and you'll make some of the dishes!

I always love to see the pictures if people made my recipes, so please feel free to email them to me or to tag me on Facebook or Instagram.

If you have any questions or comments please email me at [info@annetravelfoodie.com](mailto:info@annetravelfoodie.com)



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