

# Sweet Potato Smoothie

Yield: 2 servings

## Ingredients

1 cup	Cooked, peeled and mashed American Sweet Potatoes, cold	250 mL
1 cup	Frozen vanilla yogurt (or plain yogurt)	250 mL
1	Frozen banana, cut into slices	1
1 cup	Freshly squeezed Florida Orange juice	250 mL
1/2 tsp	Pure vanilla extract	2 mL

## Method

1. Place all ingredients together in a blender and puree until smooth.
2. Add additional water or orange juice to adjust to desired consistency.

Note: For frozen bananas, peel bananas and place in freezer bag in freezer, to enjoy smoothies anytime.

**Cooking Sweet Potatoes:** Choose one of the following methods and test for doneness by piercing the thickest part of the sweet potato with a fork, which should slide in easily. Cool, peel, then mash flesh of sweet potatoes.

- **Baked:** Prick the skin and bake at 400°F (200°C) until done for approximately 40-50 minutes.
- **Microwaved:** Prick the skin and microwave on high power for four to six minutes for one medium sweet potato.
- **Steamed:** In a steam basket under boiling water, peeled sweet potatoes can be steamed whole or cut into cubes in about 30-50 minutes, in a steam basket over boiling water.
- **Boiled:** Place peeled sweet potatoes that have been cut into chunks into a saucepan and cover with cold water and a dash of salt. Cover and bring to a boil and cook for 15 to 20 minutes until soft. Drain and mash.

Created by Chef Sara Harrel, The Veg Company (vegcompany.com), for the American Sweet Potato Marketing Institute, americansweetpotato.org

# Almond Pistachio Granola

Yield: 3 1/2 cups (825 mL)

## Ingredients

1/4 cup	Vegetable oil	60 mL
1/4 cup	Maple syrup	60 mL
1/2 tsp	Pure vanilla extract	2 mL
2 1/2 cups	Regular rolled oats (not quick or instant)	625 mL
1/2 cup	Sliced Raw California Almonds	125 mL
1/2 cup	Shelled Raw California Pistachios	125 mL
1/4 cup	Sunflower seeds	60 mL
1/4 cup	Brown sugar	60 mL
1/2 tsp	Ground cinnamon	2 mL
1/4 tsp	Salt	1 mL

## Method

1. Stir oil, maple syrup and vanilla together in small bowl.
2. In separate large bowl, combine remaining ingredients.
3. Pour wet mixture over dry mix and stir well.
4. Spread evenly on non-stick or parchment-paper lined baking sheet and bake in preheated 300°F/150°C oven until granola is no longer sticky, about 30 minutes (stir every 10-15 minutes). Cool.

Courtesy Chef Sara Harrel, The Veg Company (vegcompany.com)

# Energizing Fruit Salad with Coconut Banana Orange Dressing

*Yield: 6 servings*

## **Ingredients**

### **Salad**

1 1/2 cups	Sliced California strawberries	375 mL
1 cup	Diced ripe Hawaiian papaya	250 mL
1 cup	Green seedless grapes	250 mL
1 cup	Red seedless grapes	250 mL
1 cup	Golden pineapple, bite-sized pieces	250 mL
1/2 cup	California Blueberries	125 mL
2	U.S. Sunkist Navel oranges, segmented, halved	2

### **Dressing**

1	Large banana	1
1/2 cup	Vanilla coconut yogurt	125 mL
3 - 4 tbsp	Agave nectar (to taste)	45 - 60 mL
3 tbsp	Florida Orange juice	45 mL
	Dash cinnamon	

## **Method**

1. **Salad:** In large bowl, toss all fruit together.
2. **Dressing:** Puree all Dressing Ingredients together. Toss with fruit.

Courtesy Chef Sara Harrel, The Veg Company (vegcompany.com)