

WHOLE HEALTH NUTRITION

FOOD OF THE MONTH ~ APRIL



Sweet potatoes are starchy root vegetables that are rich in fiber, vitamins, antioxidants and minerals. Here are a few of the benefits of including sweet potatoes into a balanced diet:

- *Help to reduce inflammation and prevent free radical damage in body*
- *Support eye health*
- *Support brain health*
- *Help to support the immune system*
- *Help to support gut health*

**So, how do we introduce sweet potatoes to kiddos?
That's where the SNEAKY CHEF comes in:**

- **Loaded sweet potatoes** – Swap out baked potatoes for sweet potatoes. Add cheddar cheese, shredded chicken, black beans and salsa
- **Sweet potato chips** – Peeled, thinly sliced and baked
- **Sweet potato nachos** – Try swapping out corn chips with thinly sliced sweet potatoes – add nacho toppings
- **For a nutritious, colorful twist on classic Shepard's pie, substitute mashed sweet potatoes as a topping**
- **Dice'm up small**– Add to chili, tacos, enchiladas and stews for added flavor
- **Air fry** – Crispy, golden sweet potato fries served with honey mustard sauce
- **Mashed**– add a dollop of mashed sweet potato to pancake batter, muffins and even mac and cheese sauce for added nutrients and flavor
- **Roasted, mashed or spiraled** – topped with honey and cinnamon