



Sweet Potato Recipes: The Ultimate Recipe Guide

Terri Smitheen

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Sweet potatoes provide a nutritious alternative to a regular potatoes. Packed with vitamin A, baked sweet potatoes can be prepared largely in the same way as regular potatoes, but the natural sweetness of the orange tuber provides a variety of flavor options. Sweet potatoes were first introduced to the rest of the world when Columbus brought them over from the island of Saint Thomas. You can bake 'em, boil 'em, microwave 'em.... Just about anything you can do with a potato, you can do with a sweet potato. We have collected the most delicious and best selling recipes from around the world. Enjoy!

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