

Creative Cooking

THE HOLMES SISTERS DDCC000006

EPISODE 6

FOCUS:
SUPER FOOD
SWEET POTATO



Eat It

KIMMY'S VEGAN SWEET POTATO WAFFLES

INGREDIENTS

- 1 cup of millet or oatmeal
- 1½ cups whole wheat pastry flour or all purpose flour
- ¾ cup of chopped/medium size sweet potato
- 2 tablespoons of maple syrup/agave nectar/brown cane sugar
- ½ tsp sea salt
- 1 Tbsp baking powder
- ¼ tsp nutmeg
- 1 tsp ginger
- 2½ cups almond milk
- ¼ cup coconut oil
- 2 tsp vanilla extract

Topping

- ½ cup pecan halves, toasted
- 1 cup dried cranberries
- 2 cup pure maple syrup

INSTRUCTIONS

Grind millet or oatmeal to a fine texture. Add all dry ingredients to mixture. Then add milk, vanilla extract, coconut oil, and sweet potato. Combine all ingredients in the blender until smooth consistency. Pour into a lightly oiled waffle iron. Cook for 5-10 minutes.

Topping

Lightly toast pecans in oven for 2 min on broil. Mix together dried or frozen cranberries in a pot over low fire. Serve over a warm waffle with toasted pecans and whip cream.

VEGAN SWEET POTATO PIE

FILLING INGREDIENTS

- 2 cups baked sweet potato, skin removed
- ½ cup unsweetened almond milk
- ¼ cup maple syrup
- ½ cup cream cheese
- 3 Tbsp coconut oil
- 1 tsp lemon extract
- 1 tsp vanilla

INSTRUCTIONS

Heat oven to 375° F. Pre-cook pie crust for 10 min before filling. Let cool. Bake sweet potato, cut two medium sweet potatoes in half, place on baking tray, bake at 425° F for 30-40 minutes until soft. Cool the sweet potatoes.

Filling

In a blender or food processor, blend together all filling ingredients. Blend/process until smooth and creamy. Pour into the pre baked pie crust and smooth out the top. Bake for 45 minutes or until the filling appears to be set and no longer shiny on top. It may still jiggle slightly when tapped, but it will continue to firm up as it cools. Remove from oven and let cool. Then let chill in the fridge for at least 4 to 6 hours or overnight for the cleanest slices. Once it has set, slice, serve, and voila!

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Juice It

BLUEBERRY ALMOND BLAST

INGREDIENTS

- 1 frozen banana
- 2 cups frozen blueberries
- 1 Tbsp coconut oil
- 1 Tbsp almond butter
- 1 cup soy or almond milk
- 1 cup water

INSTRUCTIONS

Blend all ingredients in blender.

Wear It

MOLASSES MASK

INGREDIENTS

- 1-2 Tbsp molasses

INSTRUCTIONS

Apply to clean face. Let air dry. Wash with warm water.