

# vegan recipes sweet potato

Vegan Recipes Sweet Potato: Delicious, Nutritious, and Easy to Make

**vegan recipes sweet potato** are a fantastic way to enjoy a versatile, nutrient-rich ingredient that fits perfectly into a plant-based lifestyle. Sweet potatoes are not only naturally sweet and flavorful but also packed with vitamins, fiber, and antioxidants. Whether you are new to vegan cooking or a seasoned pro looking for fresh inspiration, incorporating sweet potatoes into your meals can elevate your dishes with vibrant color, texture, and taste.

In this article, we'll explore a variety of creative and mouth-watering vegan recipes sweet potato lovers will adore. From hearty mains to comforting snacks and even a touch of dessert, sweet potatoes can be the star of your plant-based kitchen.

## Why Sweet Potatoes Are a Staple in Vegan Cooking

Sweet potatoes are a powerhouse ingredient for anyone embracing vegan or plant-based diets. They are naturally free of animal products, making them perfect for vegan recipes sweet potato enthusiasts seek. Beyond their compatibility with veganism, sweet potatoes offer numerous health benefits that make them a must-have in your pantry.

Rich in beta-carotene, which converts to vitamin A in the body, sweet potatoes support eye health and immune function. They also provide a good source of complex carbohydrates that give sustained energy without blood sugar spikes. Their high fiber content aids digestion and helps maintain healthy gut flora, an essential aspect of overall wellness.

Thanks to their natural sweetness, vegan recipes sweet potato dishes often require little to no added sugars, making them a healthier alternative for satisfying sweet cravings. Moreover, sweet potatoes' versatility allows them to be prepared in countless ways—baked, roasted, mashed, grilled, or even spiralized into noodles.

## Top Vegan Recipes Sweet Potato You Should Try Today

## 1. Roasted Sweet Potato and Black Bean Tacos

One of the easiest and most flavorful vegan recipes sweet potato lovers rave about is roasted sweet potato and black bean tacos. This recipe brings together the earthiness of black beans with the caramelized sweetness of roasted sweet potatoes, all wrapped in warm corn tortillas.

To make this dish, dice sweet potatoes into cubes, toss with olive oil, smoked paprika, cumin, and a pinch of salt. Roast at 425°F (220°C) for about 25 minutes until tender and slightly crispy. Warm black beans seasoned with garlic and chili powder make a perfect filling along with fresh avocado slices, salsa, and a sprinkle of fresh cilantro.

This meal is not only delicious but also rich in protein, fiber, and complex carbs, making it a balanced vegan dinner option.

## 2. Creamy Vegan Sweet Potato Soup

When the weather gets chilly, nothing beats a warm bowl of creamy vegan sweet potato soup. This comforting recipe is simple yet satisfying, combining sweet potatoes with coconut milk and fragrant spices.

Start by sautéing onions, garlic, and ginger in a pot until soft. Add peeled and chopped sweet potatoes, vegetable broth, and a touch of curry powder or turmeric for warmth and color. Simmer until the potatoes are tender, then blend until smooth. Stir in coconut milk to add creaminess and adjust seasoning with salt, pepper, and lime juice for brightness.

This soup is perfect for meal prep and pairs well with crusty bread or a fresh green salad.

## 3. Sweet Potato and Chickpea Buddha Bowl

For a nutrient-dense, colorful meal, a sweet potato and chickpea Buddha bowl ticks all the boxes. This recipe highlights roasted sweet potatoes alongside protein-packed chickpeas and a variety of fresh vegetables.

Roast cubed sweet potatoes with olive oil and your favorite spices until crisp on the outside. Meanwhile, roast or pan-fry chickpeas seasoned with cumin and paprika. Arrange the sweet potatoes and chickpeas over a bed of quinoa or brown rice, then add sliced cucumbers, cherry tomatoes, avocado, and a handful of greens like spinach or kale.

Finish with a drizzle of tahini lemon dressing for a creamy, tangy touch that ties the bowl together beautifully.

# Tips for Cooking the Perfect Vegan Sweet Potato Dishes

Working with sweet potatoes is straightforward, but a few handy tips can help you get the best results every time:

- **Choose the right sweet potato:** Orange-fleshed varieties are sweeter and softer when cooked, ideal for soups and mashes, while white or purple sweet potatoes hold their shape better in roasted dishes.
- **Don't overcook:** Overcooked sweet potatoes can become mushy and lose their texture. Roast or boil just until tender but still firm enough to hold in your recipes.
- **Enhance natural sweetness:** Spices like cinnamon, nutmeg, and smoked paprika complement sweet potatoes' natural sugars and add depth to your dishes.
- **Use the skin:** When washed well, the skin adds fiber and nutrients. Roasting sweet potatoes with skin on gives a delightful texture contrast.
- **Balance flavors:** Pair sweet potatoes with acidic ingredients like lime juice, vinegar, or tomatoes to brighten dishes and keep flavors lively.

## Exploring Sweet Potato Desserts in Vegan Cuisine

Sweet potatoes aren't just for savory dishes; they can also shine in the dessert category. Thanks to their creamy texture and natural sweetness, they make a perfect base for vegan sweet potato pies, puddings, and even brownies.

One popular vegan recipe sweet potato dessert is sweet potato brownies. By blending cooked sweet potatoes into your batter, you add moisture and a subtle sweetness without dairy or eggs. Combined with cocoa powder, maple syrup, and whole wheat flour, these brownies offer a healthier twist on a classic treat.

Another delightful option is a sweet potato coconut pudding. Pureed sweet potatoes mixed with coconut milk, vanilla, and a sprinkle of cinnamon create a silky, satisfying dessert that feels indulgent but remains wholesome.

# **Incorporating Sweet Potatoes into Your Weekly Meal Plan**

If you want to make sweet potatoes a regular feature in your vegan cooking, consider prepping batches in advance. Roasted sweet potatoes keep well in the fridge and can be added to salads, wraps, or grain bowls throughout the week. Mashed sweet potatoes can be used as a base for veggie patties or spread on toast for a quick breakfast.

By having sweet potatoes on hand, you can easily whip up a nutritious snack or meal. Plus, their long shelf life means less food waste and more convenience.

Experimenting with different herbs, spices, and complementary ingredients will keep your vegan recipes sweet potato creations exciting and satisfying time after time.

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Whether you crave something savory like tacos or something sweet like a dessert pudding, sweet potatoes are a phenomenal ingredient to explore in vegan cooking. Their natural sweetness, nutritional benefits, and versatility make them a favorite among plant-based cooks looking to nourish both body and palate. So next time you hit the market, grab some sweet potatoes and get creative in your kitchen!

## **Frequently Asked Questions**

### **What are some easy vegan sweet potato recipes for beginners?**

Easy vegan sweet potato recipes for beginners include roasted sweet potatoes with olive oil and herbs, mashed sweet potatoes with coconut milk, and sweet potato and black bean tacos.

### **Can I use sweet potatoes in vegan desserts?**

Yes, sweet potatoes are great in vegan desserts such as sweet potato pie, sweet potato brownies, and vegan sweet potato muffins due to their natural sweetness and creamy texture.

### **How do I make vegan sweet potato fries crispy?**

To make vegan sweet potato fries crispy, cut them into thin, even pieces, soak them in cold water for at least 30 minutes, dry thoroughly, toss with a small amount of oil and cornstarch, then bake at a high temperature

(425°F/220°C) until golden and crispy.

## **Are sweet potatoes a good source of nutrients in a vegan diet?**

Yes, sweet potatoes are an excellent source of vitamins A and C, fiber, and antioxidants, making them a nutritious addition to a vegan diet.

## **What spices complement sweet potatoes in vegan recipes?**

Spices like cinnamon, cumin, smoked paprika, chili powder, and nutmeg complement sweet potatoes well in vegan recipes, enhancing their natural sweetness and adding depth of flavor.

## **Can I make vegan sweet potato soup without cream?**

Absolutely! Vegan sweet potato soup can be made creamy using coconut milk, cashew cream, or simply by blending the cooked sweet potatoes until smooth without any dairy.

## **How can I add protein to vegan sweet potato dishes?**

You can add protein to vegan sweet potato dishes by incorporating ingredients like black beans, chickpeas, lentils, tofu, tempeh, or quinoa.

## **What are some gluten-free vegan sweet potato recipes?**

Some gluten-free vegan sweet potato recipes include sweet potato and black bean chili, roasted sweet potato salad with avocado, and baked sweet potato topped with sautéed vegetables and tahini sauce.

## **Additional Resources**

Vegan Recipes Sweet Potato: A Nutritional Powerhouse in Plant-Based Cooking

**vegan recipes sweet potato** have gained significant traction in recent years, reflecting a broader trend toward plant-based diets and health-conscious eating. The sweet potato, with its vibrant orange hue and naturally sweet flavor, offers a versatile and nutrient-dense ingredient that fits seamlessly into a wide array of vegan dishes. This root vegetable is not only a staple in many cultural cuisines but also a valuable component for anyone seeking to enhance their diet with wholesome, plant-based nutrition.

Sweet potatoes are often celebrated for their impressive nutrient profile, boasting high levels of dietary fiber, vitamins A and C, potassium, and

antioxidants such as beta-carotene. These nutrients contribute to various health benefits, including improved digestion, enhanced immune function, and better skin health. When incorporated into vegan recipes, sweet potatoes provide both flavor and substance, making them an ideal base or complement for meals that prioritize taste without compromising on nutritional value.

## Understanding the Role of Sweet Potatoes in Vegan Cuisine

Sweet potatoes have become a cornerstone in vegan cooking due to their adaptability and health benefits. Unlike many plant foods that may require complex preparation to enhance flavor or digestibility, sweet potatoes offer a naturally appealing sweetness and creamy texture when cooked. This quality makes them an excellent substitute for animal-based ingredients in recipes that traditionally rely on dairy or meat.

Moreover, sweet potatoes are compatible with various cooking methods—roasting, boiling, steaming, mashing, or even spiralizing—allowing culinary creativity without sacrificing simplicity. Their compatibility with spices and herbs commonly used in vegan cooking, such as cumin, paprika, garlic, and rosemary, broadens their appeal further.

## Popular Vegan Recipes Featuring Sweet Potato

Several vegan recipes have been developed or adapted to highlight the sweet potato's unique qualities. Here are some noteworthy examples that illustrate how this ingredient can transform a plant-based meal:

- **Sweet Potato and Black Bean Chili:** Combining sweet potatoes with black beans creates a hearty, protein-rich dish that balances sweetness and spice. The chili is often seasoned with chili powder, cumin, and smoked paprika to deepen the flavor profile.
- **Vegan Sweet Potato Curry:** This recipe utilizes coconut milk and an array of spices such as turmeric, coriander, and ginger to develop a creamy, warming curry. Sweet potatoes add texture and absorb the rich flavors of the curry sauce.
- **Baked Sweet Potato Fries:** A healthier alternative to traditional fries, these are seasoned with herbs and baked until crispy. They serve as a nutritious side dish or snack free from animal fats.
- **Sweet Potato and Kale Salad:** Roasted sweet potatoes combined with kale, nuts, and a tangy vinaigrette offer a nutrient-dense salad option that pairs sweet and bitter flavors effectively.

# Nutritional Insights and Comparative Benefits

When analyzing vegan recipes with sweet potato, it is essential to consider the nutritional advantages this tuber offers compared to other staple carbohydrates such as white potatoes, rice, or pasta. According to the USDA nutrient database, a medium-sized sweet potato (approximately 130 grams) provides roughly 112 calories, 3.3 grams of fiber, and over 400% of the daily recommended intake of vitamin A (as beta-carotene).

In contrast, white potatoes contain fewer antioxidants and provide less vitamin A, although they offer more potassium. This distinction is significant for vegans, who may seek nutrient-dense foods that support overall wellbeing, particularly those rich in vitamins often limited in plant-based diets.

The high fiber content in sweet potatoes also promotes satiety and aids in maintaining healthy blood sugar levels, which is beneficial for managing cravings and supporting weight control—a common focus in vegan dietary patterns.

## Pros and Cons of Using Sweet Potatoes in Vegan Cooking

While sweet potatoes are widely regarded as a beneficial food choice, it is important to consider both their advantages and possible limitations within a vegan diet.

- **Pros:**

- Rich in essential vitamins and minerals, including vitamin A, C, and potassium.
- High fiber content supports digestive health and sustained energy release.
- Natural sweetness reduces the need for added sugars in recipes.
- Versatile in preparation methods and flavor pairings.
- Gluten-free and suitable for a wide range of dietary restrictions.

- **Cons:**

- Higher glycemic index compared to some other root vegetables, which may affect blood sugar levels in sensitive individuals.
- Potential for over-reliance could limit dietary diversity if not balanced with other nutrient sources.
- Cooking methods such as frying can diminish health benefits if excessive oils or unhealthy fats are used.

## Innovations and Trends in Vegan Sweet Potato Recipes

Contemporary vegan cuisine often explores the sweet potato's potential beyond traditional preparations. For example, sweet potato-based desserts are gaining attention for their ability to replace dairy and eggs in recipes like pies, brownies, and puddings. This trend leverages the tuber's creamy texture and natural sugars, aligning with consumer demand for indulgent yet health-conscious vegan options.

Additionally, plant-based protein innovations have integrated sweet potatoes as a complementary ingredient to enhance texture and nutritional content in vegan burgers and meat substitutes. Their ability to bind ingredients and add moisture improves the overall sensory experience of these products.

In restaurant settings and food product development, sweet potatoes frequently serve as a canvas for global fusion dishes, combining influences from African, Caribbean, Asian, and Latin American cuisines. This diversity reflects both the tuber's cultural significance and its universal appeal in plant-based diets.

## Tips for Maximizing Flavor and Nutrition

To optimize both taste and health benefits when cooking with sweet potatoes in vegan recipes, consider the following best practices:

1. **Choose organic when possible:** Sweet potatoes can absorb pesticides; organic options reduce chemical exposure.
2. **Preserve nutrients:** Steaming or roasting retains more vitamins than boiling, which can cause nutrient leaching.

3. **Pair with healthy fats:** Combining sweet potatoes with avocado, nuts, or seeds enhances absorption of fat-soluble vitamins.
4. **Use diverse spices:** Incorporating herbs and spices not only adds flavor but also introduces additional antioxidants.
5. **Balance meals:** Complement sweet potato dishes with legumes, leafy greens, and whole grains to ensure a complete nutrient profile.

The growing interest in vegan recipes sweet potato reflects a broader awareness of how plant-based ingredients can deliver both nutrition and culinary satisfaction. As more individuals explore vegan diets, the sweet potato's role as a versatile, nutrient-rich food is likely to expand, inspiring innovative dishes that cater to diverse tastes and health goals. Whether incorporated into comforting stews or inventive desserts, sweet potatoes provide an accessible and flavorful option for enhancing vegan cuisine worldwide.

## [Vegan Recipes Sweet Potato](#)

**vegan recipes sweet potato:** *Sweet Southern Vegan* The Friendly Frog Kuat, 2023-08-21 The Sweet Southern Vegan cookbook is a must-have for anyone who loves vegan cooking. This collection of 94 delicious sweet potato recipes offers a unique twist on classic Southern cuisine. From soul food to casseroles, pancakes, and pies, you'll find delicious and nutritious ways to cook with this humble root vegetable. In this cookbook, you'll find recipes for savory dishes such as Sweet Potato Grits with Collard Greens and Sweet Potato Biscuits with Vegan Butter. You'll also find sweet desserts like Sweet Potato Doughnuts and Sweet Potato-Gingerbread Pear Pie. All of these recipes are made with simple ingredients and are designed to be easy-to-follow for cooks of all levels. There is something for everyone in the Sweet Southern Vegan cookbook. Whether you're a beginner cook, a vegan enthusiast, or an experienced chef looking to try something new, you'll find plenty of delicious recipes to try. From breakfast favorites to soups, salads, side dishes, and main courses, you'll be able to make amazing vegan dishes in no time. The Sweet Southern Vegan cookbook is a great addition to any kitchen. With so many vegan recipes, including many vegan versions of favorite Southern flavors, you'll be able to easily create delicious dishes without meat. Each recipe is economical, requiring only basic ingredients, and many are even allergy-friendly. Whether you're looking to explore vegan cuisine or impress your guests with some delicious sweet potato dishes, the Sweet Southern Vegan cookbook is the perfect choice. Enjoy the best of Southern cooking without sacrificing your health or ethical values, and explore the delicious possibilities of sweet potatoes today!

**vegan recipes sweet potato:** *Sweet Potato Soul* Jenné Claiborne, 2018-02-06 100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In *Sweet Potato Soul*, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut

Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

**vegan recipes sweet potato:** *Sweet Potato Soul* Jenne Claiborne, 2018-02-06

**vegan recipes sweet potato: Sweet Potato Soul Vegan Vibes** Jenné Claiborne, 2025-02-04  
100 vegan recipes that bring plant-based fun to the plate for every meal of the day, from the beloved author of *Sweet Potato Soul*. “Jenné Claiborne transforms divine soul food favorites into nourishing, delicious, and approachable plant-based dishes you’ll want to make on repeat.”—Carleigh Bodrug, New York Times bestselling author of *PlantYou* Jenné Claiborne knows that vegans have more fun. She’s been enjoying the vibrant health, energy, and joy from eating plants—vegan vibes—for more than a decade. In that time, the vegan space has exploded, with fake meats and cheeses, fast foods, and processed treats galore. While exciting, these options don’t tap into the vibrancy of the vegetable world. In *Vegan Vibes*, Jenné invites you to fall in love with cooking and eating plants, in their delicious diversity. After stints in New York City and Los Angeles, she’s returned to her hometown of Atlanta, Georgia, where she is freshly inspired in her vegan kitchen by the city’s multicultural influences: collard green soup mellowed by miso, sweet potatoes crisped in the air fryer and heated with jerk seasoning, and corn ribs kissed by Korean gochujang sauce. Jenné has transformed her favorite veggies into crowd-pleasing meals that are quick and easy enough for even the most hectic schedule. *Vegan Vibes* offers 100 dishes that are almost as much fun to make as they are to eat. That means laid-back whole food-based ingredient lists plus straightforward, no-fail techniques. And her unique flair for flavor elevates the simplest dish: a citrus spin on Mushroom Carnitas Tacos, Watermelon Gazpacho for the ultimate refreshing soup, and Magical Hummus packed with umami mushroom flavor. With gorgeous photography for each recipe, *Vegan Vibes* includes: • Super yummy breakfasts: Indian Tofu Scramble, Rose Tahini Granola • Killer apps, snacks, and salads: Beet Latkes, Bali Shaved Brussels Salad • Comforting soups: Sweet Potato Bisque • Hearty entrees: Curried Red Bean Tacos, Korean Pulled Shroom Sandwiches, Black Bean Pizza • Perfect beverages: Dirty Candy Sour, Pineapple Rose Sangria • Drool-worthy desserts: Miso Caramel Banana Pudding, Cardamom Brown Sugar Pound Cake Brimming with unexpected, flavorful dishes, *Vegan Vibes* is the cookbook that will inspire everyone, vegan or not, to crave more plants.

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Brimming with unexpected, flavorful dishes, *Vegan Vibes* is the cookbook that will inspire everyone, vegan or not, to crave more plants.

**vegan recipes sweet potato: *The "I Love My Instant Pot®" Vegan Recipe Book*** Britt Brandon, 2017-12-19 Officially authorized by Instant Pot! The cookbook that makes using your Instant Pot easier than ever! This is the must-have plant-based cookbook for the must-have appliance—the Instant Pot! A vegan, plant-based diet is healthy, nutritious, and environmentally friendly. Now, it's easier than ever to create plant-based dishes thanks to the Instant Pot. With 175 vegan recipes and photographs throughout, this cookbook is perfect for fans who want to learn how to make delicious plant-based dishes for every meal. Whether you're a dedicated vegan, vegetarian, or an omnivore looking to eat less meat, you're sure to find easy, healthy, and satisfying recipes that the whole family will love.

**vegan recipes sweet potato: *Healthy Happy Vegan Kitchen*** Kathy Patalsky, 2015-04-28 Over 220 recipes so delicious it's hard to believe they're actually vegan: "Brilliant and creative...So many things I want to make!"—Gina Homolka, #1 New York Times-bestselling author of *The Skinnytaste Cookbook* A diet free of animal products is a healthy choice, and it also means living a greener life and changing the world for the better—one plate at a time. Kathy Patalsky, creator of the popular vegan food blog *Healthy.Happy.Life*, read by millions, makes sure eating vegan is fun and delicious too. In *Healthy Happy Vegan Kitchen*, you'll find flavor-packed recipes for Vegan Philly Cheese Sandwich, Ultra Creamy Cashew Veggie Pot Pie, Garden Veggie Frittata, and over two hundred more. Along with the inventive recipes, the book also includes guides to help "veganize" your kitchen with helpful ingredient and equipment information, cooking techniques for vegan staples, nutrition information, and wellness tips—making it the perfect book for both long-time vegans and newcomers alike.

**vegan recipes sweet potato: *The Spiralizer Recipe Book*** Carina Wolff, 2016-06-03 Vegetable spiralizers are the latest must-have kitchen gadget, and with good reason. They're affordable, easy to use, and make healthy eating fun and quick. Whether you're following a Paleo, gluten-free, raw, or low-carb diet, you'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables and fruit, --Amazon.com.

**vegan recipes sweet potato: *The New Vegan Cookbook*** Lorna Sass, 2001-05 A collection of recipes prepared without meat, fish, eggs, or cheese includes such dishes as Mediterranean red lentil pate and Cuban picadillo, and provides tips on purchasing, preparing, and storing ingredients.

**vegan recipes sweet potato: *Delicious Raw Vegan Recipes for Every Meal of the Day*** Alissa Law, 2020-05-16 As we have healthy ways on nourishing oneself on a vegan meal plan so also we have unhealthy ways is one thing that should on your mind whether you have been a vegetarian since a long time ago or just decided to start being a vegetarian now because the healthiness is applicable to any diet. In this book, there will be enlightenment about all there is to know about vegan nutrition, the healthy vegan meal plans for weight loss or weight management and also give a list of some vegan meal recipes.

**vegan recipes sweet potato: *Pure & Beautiful Vegan Cooking*** Kathleen Henry, 2016-04-12 Fresh, Delicious Recipes from an Alaskan Vegan Kitchen *Pure & Beautiful Vegan Cooking* is a cookbook that speaks to your heart and soul, helping you to connect with others, the earth and yourself as you prepare beautiful, wholesome meals. Kathleen Henry's cooking is inspired by the pure and nourishing abundance of rural Alaska, where she was born and raised. The result is an

incredible collection of 80 recipes that highlight plant-based, whole-food and seasonal ingredients, so you can be kind to your health and the environment. The recipes are versatile to any occasion—whether it's a quick weeknight dinner, a large gathering with friends or a quiet morning on your own—and they're so delicious you'll come back to them again and again. Inside you'll find recipes like: - Caramel Banana-Oat Pancakes - Creamy Rosemary Chickpea Pasta - Baked Sage Risotto with Mushrooms & Chard - Vegetable Chowder with Arugula - Sweet Potato Beet Burgers - Walnut-Chickpea Tacos with Chipotle Aioli - Chai-Spiced Ginger Muffins - Wild Blueberry, Rhubarb & Hazelnut Crisp Whether you're a vegan, vegetarian or omnivore, the down-to-earth recipes and stunning photography in Pure & Beautiful Vegan Cooking will help you eat well and lead a compassionate, healthy life.

**vegan recipes sweet potato: Vegan Guide for Beginners: With 1000 + Global Vegan Recipes** Judy Carter, So, you want to become vegan but you don't want to spend a ton of money or completely turn your life upside down? Here is the book to help you along the way! Before making the transition to a plant-based diet, new herbivores are encouraged to arm themselves with information. For any significant dietary change, it's important to embrace new habits healthfully. Vegan is more than what we buy or eat; it is a lifestyle dedicated to kindness and compassion for all. Health benefits are one of the main reasons why everyone should become a vegan. The primary benefits are: weight loss, lower cholesterol and blood pressure, less use of medication, avoiding surgery and cancer, feeling more energized, and looking great. Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey or any product derived from animal. Many vegans choose this lifestyle to promote a more humane and caring world. They know they are not perfect, but believe they have a responsibility to try to do their best, while not being judgmental of others. This book is an attempt to prompt you to have at least 2 vegan meals a day to save our planet and to keep you healthy.

**vegan recipes sweet potato: Vegan Pressure Cooker Cookbook** Chris Burke, 2017-08-15 The vegan lifestyle becomes easy when you have unlimited access to good, nourishing and delicious recipes that are easy to prepare and that wouldn't waste your time. The vegan diet meal plan can become really easy and interesting to adhere to when you have a complete, very detailed and easy to read book such as this and a pressure cooker on the side, life can't be more beautiful! The vegan diet has so many weight loss and health benefits which ensure a better life and good health for every vegan. This vegan diet pressure cooker cookbook gives varieties of delicious vegan breakfast, lunch and dinner recipes, exotic vegan recipes, beans, soups & chili vegan recipes, vegan rice & pasta recipes and more. It has been carefully written with a simple yet comprehensive approach; with each recipe containing detailed instructions, cook time, preparation time and servings. This vegan diet pressure cooker cookbook will demystify the vegan diet meal plan with several recipes to choose from everyday.

**vegan recipes sweet potato: Quick Easy and Healthy Recipes: Paleo Cooking and Gluten Free Healthy Recipes** Ariana Murph, Valerie Stall, 2013-07-04 Quick Easy and Healthy Recipes: Paleo Cooking and Gluten Free Healthy Recipes This Quick Easy and Healthy Recipes book contains fast easy recipes from two distinctive diet plans, the Gluten Free Vegan Diet and the Paleolithic Diet. Each of these diets offers easy healthy food recipes and healthy food dishes from two different diets. Sometimes if we want healthy quick food we may have trouble coming up with easy healthy food ideas. Each diet plan offers recipes for breakfast, lunch, dinner, and even for healthy snacks. Now you can plan for quick healthy food recipes by choosing vegan or meat diet. The first section covers the Gluten Free Vegan Diet plan with these categories: Gluten Celiac Disease, Vegan Lifestyle and Diet, Gluten Free Vegan Alternative Ingredients, Gluten Free Vegan Recipes, Snacks, Main Dishes, Side Dishes, Desserts, Soups, Raw Foods, Seasonal Favorites and Drinks, Gluten Free Vegan Staples for the Pantry, Healthy Concerns of a Vegan Gluten Free Diet, Gluten Free Vegan Conclusion, Vegan FAQ's, Gluten Free FAQ's, and Gluten Free Vegan - In Summary. A sampling of the recipes include: Pineapple Banana Drink, French Cabbage Soup, Vegan Gluten Free Chocolate Chip Cookies, Polenta and Corn, Vegetable Pot Pie, Peanut Butter Apple, Onion Rings, Vegetables and Rice, Potato Rice

Balls, and Zucchini Banana Spice Cake. The second section covers the Paleolithic Cookbook with these categories: What is Paleo? Why Go the Paleolithic Route? Benefits of the Paleo Lifestyle, Paleo Food Types, Paleo Confusion, Paleo Food List, Sample Daily Meal Plan for Beginners, Eating Paleo in the Day to Day Life, Recipe Ideas, Breakfast, Lunch Recipes, Dinner Recipes, Sides, Soups and Salads, Roast Vegetables in Orange and Rosemary, Meats, Poultry, Snacks, and the Conclusion.

**vegan recipes sweet potato:** *Vegetarian Times*, 1995-10 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

**vegan recipes sweet potato:** *Sweet Potato Soul* Jenné Claiborne, 2018-02-06 100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In *Sweet Potato Soul*, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

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