

Sweet Potatoes (Hardback)



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Reviews

A whole new eBook with a brand new perspective. it was actually writtern quite completely and useful. I found out this ebook from my dad and i recommended this ebook to discover.

(Dr. Wyatt Morissette)

SWEET POTATOES (HARDBACK)



Random House USA Inc, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Packed with vitamins and minerals, low on the glycemic index, full of healthy fiber, filling, flavorful, convenient, and easy to prepare, the sweet potato is the new it vegetable. Lauded by food lovers for their delicious taste and versatility, glorified by paleo diet acolytes for their superfood status, these root veggies are winning over Americans right and left. Sweet Potatoes has 60 recipes for boldly-flavored, sweet potato--focused dishes, ranging from simple snacks to entrees, desserts, and baked goods. Also included is a glossary of different sweet potato varieties (they aren t all orange; there are white and purple ones, too), basic recipes sharing the simplest of preparations that all home cooks should know (roasting, baking, frying), and 30 full-color photographs.



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