

## Sweet Potatoes and Beta Carotene

Winter is coming! As the days get colder and darker in December, nothing beats a bowl of hot vegetable soup to nourish the body. Root vegetables are great during the winter season as these vegetables can endure the colder weather. Sweet potatoes are excellent root vegetable choice due to its versatility in sweet and savory dishes. In addition to that, this tuber is chalk full of beta-carotene. Beta carotene is the nutrient that gives sweet potato their signature orange color. In the body, beta carotene can be turned into vitamin A which is important for vision, skin and our immune health. Beta carotene also has antioxidant properties that can prevent the risk of cancer, diabetes, heart disease, and inflammatory diseases. There is no defined recommended daily allowance (RDA) for beta carotene as beta carotene is included in the RDA for vitamin A. Most people can get enough beta carotene if they eat a wide range of colorful vegetables such as sweet potatoes, carrots, and red peppers. While there is no toxicity in overconsuming vegetables with high beta carotene levels, it can temporarily turn your skin a yellow-orange color.

### References

1. David Yeager. Sweet potatoes: a nutritious powerhouse with a rich history. [https://www.todaysdietitian.com/enewsletter/enews\\_1215\\_01.shtml](https://www.todaysdietitian.com/enewsletter/enews_1215_01.shtml). Today's Dietitian.
2. Tim Newman. All you need to know about beta carotene. [https://www.medicalnewstoday.com/articles/252758#uses\\_benefits](https://www.medicalnewstoday.com/articles/252758#uses_benefits). Medical News Today.
3. Amber Tresca. The health benefits of beta carotene. <https://www.verywellhealth.com/beta-carotene-5496833>. Very Well Health.
4. Natalie Olsen. Benefits of beta carotene and how to get it. <https://www.healthline.com/health/beta-carotene-benefits#bottom-line>. Health line.

### Spicy Sweet Potato Brownies

From Running with Spoons

#### Ingredients

½ cup creamy peanut butter  
¾ cup cooked mashed sweet potato  
2 medium eggs  
3 tablespoon honey  
½ cup unsweetened cocoa powder  
1 teaspoon baking soda  
1 teaspoon cayenne powder  
1 teaspoon cinnamon powder  
Pinch of salt

#### Instructions

- 1) Preheat oven to 350F. Line an 8x8 baking pan.
- 2) Place all ingredients into high-speed blender or food processor and blend it until it becomes smooth and creamy. Scrap down the sides if necessary.
- 3) Pour batter into prepared pan and use a spatula to distribute it evenly. Bake for 15-20 minutes or until toothpick insert comes out clean.
- 4) Let brownies cool in pan for 10 minutes before serving.

