



Super Simple Sweet Potato Frosting

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

spread: to apply a food, like butter, soft cheese, nut butter, jam, or frosting to another food, such as a cracker, bread, or cake using a butter knife or spatula.

Equipment

- Can opener (if using canned sweet potato)
- Medium mixing bowl
- Measuring spoons
- Dry measuring cups
- Whisk
- Immersion blender or handheld electric mixer (optional)

Ingredients

Super Simple Sweet Potato Frosting

- 2 T unsweetened cocoa powder **** (for CHOCOLATE ALLERGY sub carob powder)****
- 1 C powdered sugar
- 1 pinch of salt
- 3 T cooked (or canned) sweet potato

☐ 3 T butter, softened ******(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)******

☐ 1/4 tsp pure vanilla extract ******(for GLUTEN ALLERGY use gluten-free pure vanilla extract, not imitation flavor—check label)******

☐ 1 handful of chocolate chips, optional ******(Omit for CHOCOLATE ALLERGY or sub carob chips, and for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)******

Food Allergen Substitutions

Super Simple Sweet Potato Frosting

Chocolate: Substitute carob chips for chocolate chips.

Dairy: Substitute dairy-free/nut-free butter, like Earth Balance, for butter. Use Enjoy Life brand chocolate chips.

Gluten/Wheat: Use gluten-free pure vanilla extract, not imitation vanilla flavor.

Nut: Use Enjoy Life brand chocolate chips.

Soy: Use Enjoy Life brand chocolate chips.

Instructions

Super Simple Sweet Potato Frosting

measure + combine + whisk

Measure and combine **2 tablespoons cocoa powder**, **1 cup powdered sugar**, and **1 pinch of salt** in a medium bowl. Whisk until well combined.

add + blend + spread

Add **3 tablespoons mashed cooked sweet potato**, **3 tablespoons softened butter**, and **1/4 teaspoon vanilla extract**. Blend until smooth (by hand or use an immersion blender or handheld electric mixer). Spread over cooled cupcakes or brownies, like Sassy Sweet Potato Brownies (see recipe), and sprinkle **1 handful of chocolate chips** on top, if you like!

Featured Ingredient: Sweet Potato!

Hi! I'm Sweet Potato!

"Sweet potatoes are root vegetables, like beets and carrots! We're very popular in the Fall, especially for holiday dinners, where you might find us baked whole or sliced and diced as part of a side dish. We also pair well with fruit and other vegetables in salads and casseroles."

History

The sweet potato originated in Central or South America, and people began cultivating them in Central America at least 5,000 years ago.

Sweet potatoes have been grown in Peru for almost 3,000 years and remain one of the major crops for people in Peru.

When Columbus arrived in the New World, Native Americans were already growing and utilizing sweet potatoes. Columbus brought sweet potatoes back to Europe, and other explorers brought them from the New World to Asia.

Sweet potatoes were cultivated widely in Colonial America and were a significant form of sustenance for farmers and soldiers during the Revolutionary War.

As far as records show, orange sweet potatoes originally came from Puerto Rico and were named "yams" by Louisiana farmers to differentiate them from the white-fleshed variety grown in other parts of the country. Indeed, the sweet potato is officially the state vegetable of Louisiana! It's also North Carolina's official state vegetable.

George Washington grew sweet potatoes on his estate at Mount Vernon, Virginia.

North American supermarkets import much of their sweet potatoes from the Caribbean.

February is National Sweet Potato month!

Anatomy & Etymology

Sweet potatoes are edible roots, not tubers like potatoes. Actually, sweet potatoes aren't related to potatoes but are part of the Morning Glory family. Plants from this family produce beautiful flowers whose seeds were revered for their laxative properties by the Chinese.

The flesh of sweet potatoes can be white, yellow, orange, or even purple!

Enslaved African-Americans called the sweet potato "nyami" because it reminded them of the starchy, edible tuber from their homeland. "Nyami" is a Senegalese word that was eventually shortened to "yam." Sweet potatoes are often confused with yams, and this is why!

How to Pick, Buy, & Eat

Sweet potatoes are eaten by people worldwide as they are a hearty crop that packs a lot of nutrition.

It's best to store sweet potatoes in cool, dark, and dry places. They won't last as long in the fridge.

Small, firm sweet potatoes tend to be sweeter and creamier. Large sweet potatoes contain more starch, as they've had more time to grow and develop the starches. Look for smooth, firm, even skin.

Sweet potatoes should be cooked, not eaten raw. You can use them in many savory and sweet recipes.

Sweet potatoes make an excellent side dish—you can bake, mash, or boil them—and their nutritional benefits are increased when combined with healthy fats, like avocado, butter, or olive oil!

If they had their say, sweet potatoes might like to be known as everyday veggies rather than just for special occasions. For example, we in the United States eat more sweet potatoes around Thanksgiving

than at any other time. But sweet potatoes are available year-round and should be enjoyed more often because of their benefits!

Nutrition

Sweet potatoes are very nutritious! Their color can tell us which nutrients they contain (like many vegetables and fruits!).

If a sweet potato is orange, it contains beta-carotene (other orange foods that contain this nutrient include carrots, shrimp, and oranges). Can you hear the name of a familiar vegetable in the word "beta-carotene?" Carrot! We know that beta-carotene is good for our eyes and skin. Have you ever been asked to eat your carrots because they are good for your eyes? Beta-carotene is why!

Sweet potatoes also have vitamin K, which helps our blood clot. When we get a cut, our blood clots to stop the bleeding, and vitamin K helps with this!

We often talk about fiber when we reveal our Surprise Ingredients because vegetables and fruits contain a lot of fiber. Sweet potatoes are no exception. So what does fiber help with? Digestion! And which body parts are responsible for digestion? Many, but namely our stomach and intestines.