

Need a pre-workout snack?

Sweetpotato Energy Bites

These "Energy Bites" are a great on-the-go pre-workout snack. With quick carbohydrates and a tiny bit of protein and fiber for staying power, these energy bites can power you through a short run. Enjoy the flavors of sweetpotato and ginger in a sweet coconut coating.



- 1 cup cooked sweetpotato
- ¾ cup rolled oats
- ½ cup peanut butter
- 3 tbsp honey
- ½ tsp ground ginger, (can use ¼ tsp for more ginger flavor)
- ½ tsp cinnamon
- ½ cup unsweetened shredded coconut

1. Combine all ingredients in a large bowl and stir until well combined.
2. Place bowl in fridge to firm up (about 20 minutes).
3. Line baking sheet with parchment paper.
4. Remove dough and portion into snack-sized bites.
5. Gently roll bites into shredded coconut and place back in fridge for 15-20 more minutes (or the freezer for 10 minutes)
6. Remove from fridge and enjoy for a pre run snack!



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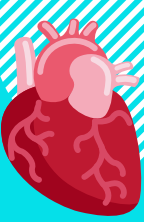
Whether you are an active athlete, a recreational athlete, or an occasional gym-goer, your body requires balanced nutrition to keep you performing efficiently and to aid in your recovery. This includes consuming macronutrients (carbohydrates, protein and fat) in addition to fluids, vitamins and minerals.

Sweetpotatoes are made up of complex carbohydrates – long chains of sugar molecules. When eaten, carbohydrates break down into glucose (sugar), the body's main energy source. Glucose is the main source of fuel for your brain, central nervous system, and muscles. That's why skipping out on carbohydrates can make you feel sluggish and affect your workouts.

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SWEETPOTATOES CAN AID IN HEART HEALTH



Antioxidant Recovery Smoothie

This bright-hued smoothie is not only pretty to look at but is the perfect concoction of post-workout recovery nutrients. Using sweetpotato as the base for complex carbohydrates, frozen mango chunks for some extra Vitamin A, it is naturally sweetened with maple syrup so you're getting the perfect 4:1 ratio of carbohydrates to protein (from the Greek yogurt) with a hefty dose of antioxidants and electrolytes as well.

- $\frac{3}{4}$ cup frozen mango chunks
- Handful of ice
- $\frac{1}{3}$ cup chopped beets (canned or fresh)
- $\frac{2}{3}$ cup vanilla fat-free Greek yogurt
- 1 cup milk
- 2 Tbsp maple syrup
- 1 tsp vanilla extract
- $\frac{1}{2}$ tsp cinnamon
- $\frac{2}{3}$ cup mashed cooked sweetpotato

1. Add all ingredients in a high-speed blender and blend.
2. Add more ice or sweetener as desired.



High in potassium

Sweetpotatoes are a great source of potassium, boasting about 950 mg per cup! Potassium is a very important mineral for heart health and can help lower blood pressure by helping the body manage and eliminate excess sodium and fluid. Potassium also helps regulate heart rhythms and muscle contractions.



High in fiber

Sweetpotatoes are high in fiber, a nutrient that helps with digestion and fullness. Dietary fiber can also play a small role in helping to reduce cholesterol. Sweetpotatoes contain soluble and insoluble fiber, both of which play a role in overall health and well-being (1).



Naturally Sweet

Sweetpotatoes are naturally sweet without the addition of added sugars, thanks to the enzymes involved in the breakdown of their carbohydrates. *Note: Different sweetpotato varieties have varying degrees of sweetness and the temperature and time at which you cook them can affect their sweetness, too!



Full of Antioxidants

Sweetpotatoes are rich in antioxidants, compounds that reduce inflammation and can reduce the risk of chronic disease. A specific type of antioxidant, known as anthocyanins (found in purple sweetpotatoes), has been found to help protect against certain types of cancers, though more research is needed for human studies (2,3)

1. <https://www.ncbi.nlm.nih.gov/pubmed/9925120>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4609785/>
3. <https://www.ncbi.nlm.nih.gov/pubmed/23784800>

