

As part of our Chiuta Project in Mozambique's Tete Province, which aims to improve nutrition and reduce instances of vitamin A deficiency among young children and women, **Helen Keller International** sponsors recipe contents where local mothers share the delicious ways they prepare orange sweet potatoes for their children and families. Learn more about our Sweet Potato Solution at [www.hki.org/sweetpotato](http://www.hki.org/sweetpotato)

Try one of these traditional recipes this Thanksgiving or anytime!

## Orange Sweet Potato Doughnuts

Here's a unique take on a year round favorite both kids and adults will eat up!

Ingredients:

- 2 Tablespoons of sugar
- 3 Tablespoons lukewarm water
- ½ Cup of grated orange sweet potato
- 2 Cups wheat flour
- 1 Pinch of salt
- 2 Teaspoons of grated lemon peel
- 1 Tablespoon of melted butter
- 1 Teaspoon of yeast
- 2 Cups of vegetable oil
- 1 Cup of milk
- 3 eggs



Put yeast and 1 Tablespoon sugar into a cup. Add 3 Tablespoons of lukewarm water and leave mixture for 10 minutes to rise.

Put the grated orange sweet potato into a mixing bowl and mix in the wheat flour and salt. Then add the grated lemon peel, and then the melted butter and mix. Then add the risen yeast and mix. Finally, add the milk and eggs and knead into dough.

On a floured surface, roll the dough slightly. Make the dough into a ball and return to mixing bowl. Cover the mixing bowl with wet warm cloth. The dough will rise to double in size. Placing the bowl in the sun or any warm place for 10 minutes will help it rise. Re-knead the dough after doubling and roll onto a floured surface. Cut into small circles with a cookie cutter and deep fry in vegetable oil until golden brown. Remove and drain on a paper towel lined plate or cooling rack.

## Orange Sweet Potato Onion Bites

Spice up your Thanksgiving and holiday parties with this sweet and savory treat.

Ingredients:

- 2 Cups of wheat flour
- 3 Teaspoons of baking powder
- ¾ Teaspoon of chili pepper
- 1 Teaspoon of salt
- 1 Cup of orange sweet potato, mashed
- ½ Cup of spring onion leaves (scallions)

- Water to achieve desired texture
- 1 Teaspoon of butter, cubed
- 2 cups vegetable oil

Sift all dry ingredients in a mixing bowl. Chop the scallions and add to mixture. Add the orange sweet potato mash and butter and mix well into dough. Add water a little at a time until the dough comes together and knead to a light texture. Let the mixture relax for 10-15 minutes. Heat the oil in a pan. Make small sized balls and drop them into the hot oil. Cook till brown, drain and serve.

## Orange Sweet Potato Chapatti

*Chapatti is a flatbread that is a staple with traditional meals. This version is high in protein and vitamin A and a great alternative for healthier sandwiches.*

Ingredients:

- 2 Cups of wheat flour
- 1 1/4 Cup of all-purpose flour
- 1 Teaspoon of salt
- 1 Cup of grated orange sweet potato
- ½ Cup of vegetable oil
- Lukewarm water

Mix dry ingredients together in a bowl. Add the grated sweet potato and mix. Add 1 Tablespoon of oil and mix well. Add water to the mixture in the bowl a little at a time, kneading with each addition until a stiff smooth paste is formed. Divide the dough into 8-10 equal balls. On a floured surface roll one ball at a time. Fold each ball to form a strip. Coil each strip to form a circle and put aside for 20 minutes.

Then, on a floured surface roll out each coil into a thin circular sheet. Add remaining oil to a frying pan. Fry each circular sheet on both sides till golden brown, making sure both sides are greased.

The resulting chapatti can be served as a side with a hearty stew or as an alternative to your usual wrap for a sandwich.

## Orange Sweet Potato Bread

*Perfect for the holidays and great for gifting to friends and families as a warm, savory treat.*

Ingredients:

- 1 Teaspoon of yeast
- 1 Tablespoon of sugar
- ½ Cup of grated orange sweet potato
- 2 Cups of wheat flour
- 1 Pinch of salt
- Lukewarm water or milk
- 2 Tablespoons of oil

Mix yeast and sugar in a cup. Add 3 Tablespoons of water or milk to the cup and leave to rise. To quicken the rising process, cover cup with a warm cloth and put in the sun for 5 minutes or 10 minutes at room temperature.

Mix grated orange sweet potato with other dry ingredients in a mixing bowl. Add the yeast mix and water into a mixing bowl. Knead into dough and add the oil to make it smooth. Divide into two parts.

Grease bread tins and shape each dough and place in tin. Leave to rise until it has doubled in size. Bake in oven at 400°F for 15 - 20 minutes. Remove and allow to cool.