


# WEEKLY

## PLANNED



The Creek Secret:  
Cinnamon Roasted Sweet Potato

01/07

EXPERT TIPS & VARIATIONS

1. WALNUTS
2. MINT LEAVES
3. PUMPKIN SEEDS
4. PISTACHIO

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THE CRISPY PARMESAN  
HASSELBACK FUSION

02/07

EXPERT TIPS & VARIATIONS

Serve it with a light, herb-infused sour cream or simply a touch of salt and pepper.

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MISO BUTTER SWEET POTATOES

03/07

EXPERT TIPS & VARIATIONS

I highly recommend adding fried tofu with tahini sauce, though this dish is a vegetarian masterpiece all on its own.

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MEXICAN QUINOA STUFFED  
SWEET POTATOES

04/07

EXPERT TIPS & VARIATIONS

Add rum-soaked raisins for a subtle sweet twist

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Sticky Honey Garlic  
Sweet Potatoes

05/07

EXPERT TIPS & VARIATIONS

In a pan over low heat, combine the honey, soy sauce, sake, and chopped garlic.

Don't rush it.

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Italian Sweet  
Potato Wrap

La Sfoglia Segreta

06/07

EXPERT TIPS & VARIATIONS

Crispy outside, soft inside, cheesy, slightly sweet... with fresh, crunchy filling in the middle.

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Berry Vanilla Glow  
Sweet Potato

07/07

EXPERT TIPS & VARIATIONS

You can also caramelize the banana and strawberries in a small pan with a little butter and honey for 1-2 minutes before placing them on top.

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