



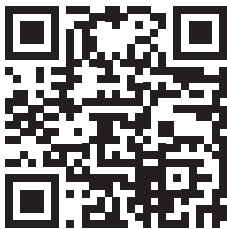
## Roasted Purple Sweet Potatoes

### INGREDIENTS

- 2 large purple sweet potatoes
- 1/2 lemon, quartered & sliced
- 3 tablespoons olive oil
- 1 tablespoon harissa
- 1 teaspoon ground cumin
- salt & pepper to taste
- chopped parsley

### INSTRUCTIONS

1. Cut purple sweet potatoes into thin wedges.
2. Toss on a rimmed baking sheet with lemon, olive oil, harissa, and cumin.
3. Season with salt and pepper to taste.
4. Roast at 425° F, stirring once, until tender and lightly browned, 30 minutes.
5. Top with chopped fresh parsley.



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### The Nutritional Value of Purple Sweet Potatoes

1. **Anthocyanins: Nature's Colorful Antioxidants** Purple sweet potatoes contain significant amounts of anthocyanins, which are purple-colored pigments found in various plant foods, such as blueberries and raspberries. These pigments are a type of polyphenol often referred to as "antioxidants." Antioxidants are known for their potential to protect our health.
2. **Heart Health Benefits** Recent research indicates that a diet rich in anthocyanin-rich foods may have a positive impact on heart health. A 2021 meta-analysis of large observational trials discovered that regular consumption of anthocyanin-rich foods was associated with a 9% lower risk of coronary heart disease.
3. **Blood Pressure Regulation** Purple sweet potatoes might also contribute to better blood pressure regulation, thanks to their potassium and anthocyanin content. Potassium is well-known for its role in maintaining healthy blood pressure levels, and the anthocyanins in these potatoes can offer additional support.

Count on LWell for clinically significant results!  
Most insurances cover our nutrition therapy services.

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