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**Roasted Sweet Potato Drizzled with Honey and Black Sesame:
A sweet treat that nourishes your Blood and Yin**

This delicious treat makes a filling and healthy snack or dessert. All the ingredients in this recipe help strengthen Blood and Yin -- the basis for uninterrupted and deep sleep, having a consistent level of energy throughout the day and regulating our responses to stressful situations. Sweet Potato and honey tonifies digestion and helps to calm spirit. Black sesame seeds are a powerful Yin tonic to treat dryness, benefit the eyes and prevent premature greying of hair.

This recipe is good for people who have skin conditions (inflammation or dryness), constipation or diarrhea, blurry vision, ringing in the ears, muscular weakness or low energy. For those experiencing perimenopausal symptoms such as hot flashes or night sweats, this recipe can be especially beneficial.

Ingredients:

- ❖ 3 medium-sized "Satsu" Japanese Sweet Potatoes
- ❖ 3 Tbsp unpasteurized (raw) butter from grass-fed cows
- ❖ 6 Tbsp unpasteurized (raw) honey
- ❖ 6 Tsp black sesame seeds

Serving size: This recipe will be enough for 6 people

Preparation:

1. Pre-heat oven to 350 degrees
2. Rinse sweet potatoes and cut in half
3. Wrap each sweet potato half in aluminum foil
4. Place potatoes on baking sheet and roast for 30-45 minutes, or until fork can easily enter potato
5. After removing from oven, carefully unwrap foil -- make sure to wear gloves!
6. For each potato, put ½ Tbsp of butter on the potato's flat surface
7. Drizzle 1 Tbsp honey on top of butter
8. Sprinkle 1 Tsp black sesame seeds all over each potato

Serve & Enjoy!