



Baked Sweet Potatoes with Cilantro Coconut Drizzle

This simple recipe works well as a light meal, side dish, or easy lunch during the warmer months when Pitta benefits from foods that are both satisfying and soothing.

Servings: 4

Preparation Time: 60 minutes

Ingredients



- For the sweet potatoes:
- 4 medium sweet potatoes
- 1 teaspoon **ghee** (or **make your own ghee**) or **coconut oil**
- Pinch of **pink salt**
- For the cilantro coconut drizzle:
- 1 cup packed fresh cilantro leaves
- ¼ cup **full-fat coconut milk**
- 2 tablespoons **unsweetened shredded coconut**
- 1 tablespoon lime juice
- ¼ teaspoon **ground cumin**
- Pinch of **pink salt**
- 2-4 tablespoons water, as needed
- Optional garnish:
- Toasted **sunflower seeds**
- Fresh cilantro leaves
- Lime zest

Baked Sweet Potatoes with Cilantro Coconut Drizzle(Cont.)



Instructions

1. Preheat the oven to 400°F (200°C).
2. Scrub the sweet potatoes and pierce each several times with a fork.
3. Rub lightly with ghee or coconut oil and place on a baking sheet.
4. Bake for 45-60 minutes, or until tender when pierced with a knife.
5. While the sweet potatoes bake, prepare the drizzle. Add the cilantro, coconut milk, shredded coconut, lime juice, cumin, and salt to a blender.
6. Blend until smooth, adding water as needed to create a pourable sauce.
7. Once the sweet potatoes are cooked, allow them to cool slightly.
8. Slice each potato open and fluff the flesh gently with a fork.
9. Spoon the cilantro coconut drizzle over the top.
10. Garnish with roasted sunflower seeds, additional cilantro, or lime zest if desired.

Sweet potatoes provide natural sweetness, one of the primary tastes used to help calm Pitta. Cilantro is traditionally valued in Ayurveda for its cooling qualities, while coconut adds moisture and helps soften excess heat.

Baked Sweet Potatoes with Cilantro Coconut Drizzle(Cont.)



Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

