

Japanese Sweet Potatoes

- ◆ Japanese sweet potatoes, are a unique variety of sweet potato which is actually native to the Americas, not Japan. They are very popular in Japan and Hawaii.
- ◆ They are white skinned with a deep, brilliant purple interior that becomes velvety smooth and incredibly sweet when baked. Even better, the purple pigment is due to the vast numbers of anthocyanins – the very same beneficial antioxidant pigments that provide blueberries their brilliant color and health benefits.
- ◆ The Japanese Sweet Potato is only 113 calories, is a good source of vitamin A and C, with zero fat.

