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As a picky kid, they were one of the few healthy foods I would eat. Candied yams, sweet potato pie, and a good ol' baked sweet potato; when I think of soul food, these come to mind. Now as a vegan chef sweet potatoes are still my favorite food, and one of the most delightful and soulful ingredients.

Sweet Potato Soul by Jenn é Claiborne - A vegan food and ...

¼ cup mashed sweet potato (from ¼ baked medium sweet potato) ½ teaspoon pure vanilla extract

RECIPE 1. In a small saucepan, warm the soy milk and vegan butter over medium heat until the vegan butter has melted. Do not boil it. Remove from the heat and stir in the mashed sweet potato. 2.

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