CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Sweet Potato Curry

Plant-Forward Energy & Anti-Inflammatory Support

www.consciousrewire.com

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What This Supports

Supports carbohydrate energy, vegetable intake, and recovery.

Why It Works

Sweet potatoes provide accessible carbohydrates while spices and coconut milk support satiety and digestion.

Ingredients

Sweet Potato Curry

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tbsp ghee

medium-large sweet potato, cubed

large carrots, grated

medium zucchini, sliced

/2 red cabbage, sliced

tbsp each chopped, fresh ginger and tumeric

tsp Himalayan or sea salt

cup bone broth

can full fat coconut milk

To top:

/4 cup each chopped, fresh cilantro and basil

-2 tbsp chia seeds

-2 tbsp olive oil

Cayenne pepper

Salt

Directions

. Heat ghee in large pot over medium heat. Add in sweet potato and carrot and cook until tender.

. Add ginger, tumeric, curry powder, and salt and stir. Add in zucchini and cabbage and stir until combined.

. Add in bone broth and coconut milk. Reduce heat to low and simmer.

. Serve on cilantro-lime cauli-rice and top with green onion, cilantro, basil, olive oil, chia seeds, cayenne, and salt

Best Use

Best used on training or higher-energy days.

Food Notes & Safety

Simmer thoroughly and cool promptly.

Storage & Reheating

Refrigerate up to four days or freeze.