

# SWEET POTATO RECIPES & VALUE ADDITION



*"A sweet potato vine may seem modest, but it hides a wealth of sustenance."*

*Anonymous*

## INTRODUCTION

Beyond their traditional consumption, sweetpotatoes present abundant business opportunities through value addition.

Entrepreneurs in Kenya are increasingly recognizing the potential of sweet potato value-added products, tapping into diverse markets and creating innovative offerings.

With rising consumer awareness of health and nutrition, coupled with a growing preference for locally sourced and sustainable products, the demand for value-added sweet potato products in Kenya is on the rise.

This booklet looks into the wide array of options that can be explored in the value-addition sector.

## Index

Topic	Page No.
A. Sweetpotato Recipes	
1. Sweetpotato recipes.....	3
2. Mukimo.....	3
3. Chips.....	4
4. Crisps.....	5
5. Smoothie.....	6
B. Other sweetpotato products	
6. Flour.....	6
7. Porridge.....	7
8. Chapati.....	7
9. Doughnuts.....	7
10. Samosas.....	7
11. Baked products.....	8
12. Cakes.....	8

## Part One Sweetpotato recipes

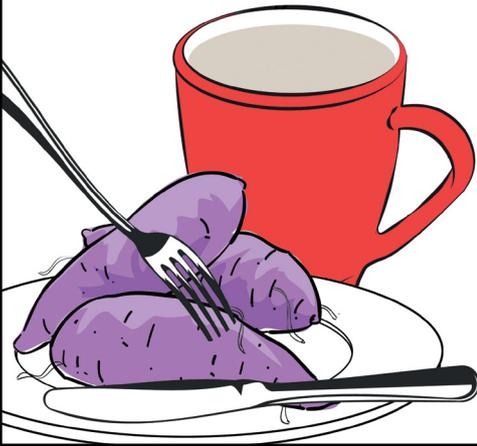
Sweetpotatoes are mainly used for human consumption.

Through value addition, sweetpotatoes can be transformed into a variety of products, such as flour, chips, and puree, extending shelf life, reducing post harvest losses and creating market opportunities for farmers.

Value-added products diversify income streams for small holders, stimulate agro processing industries and contribute to rural development, making it a pivotal approach to sustainable agricultural growth.

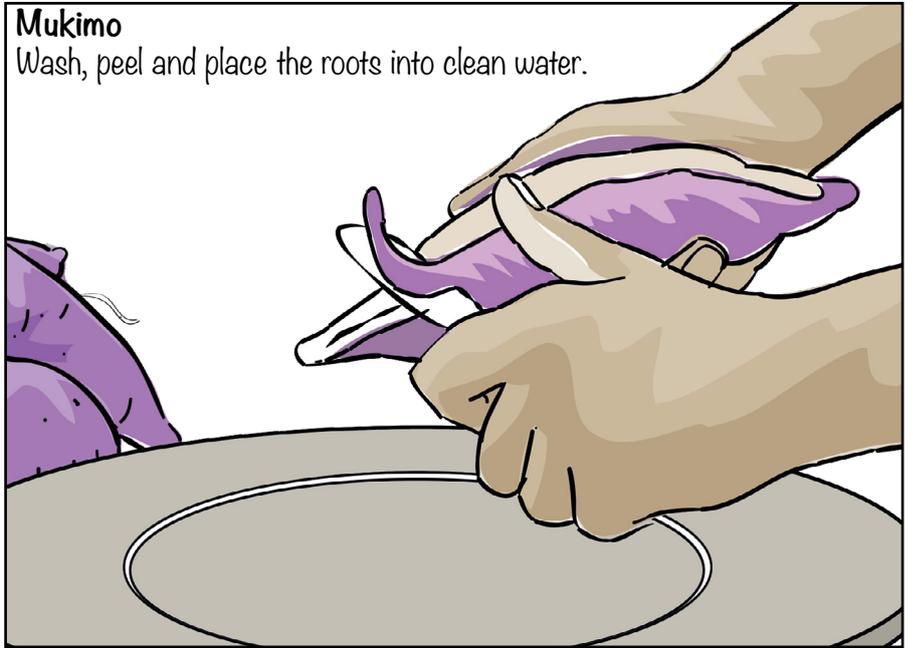


Beyond their traditional consumption, mostly by boiling or steaming them, sweetpotatoes can be used to make mukimo, chips, chapati and bread.

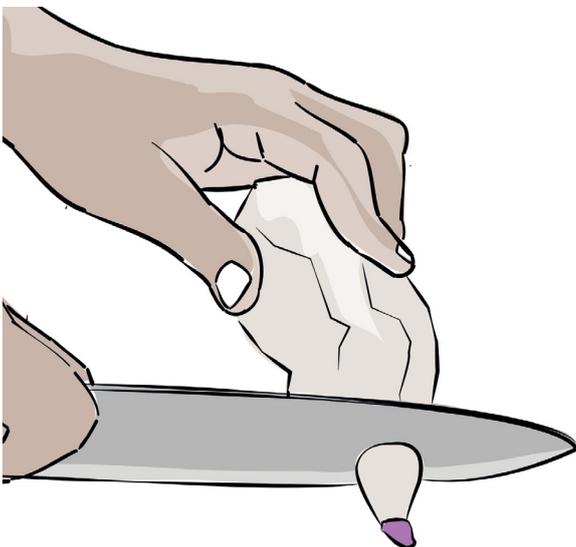


### Mukimo

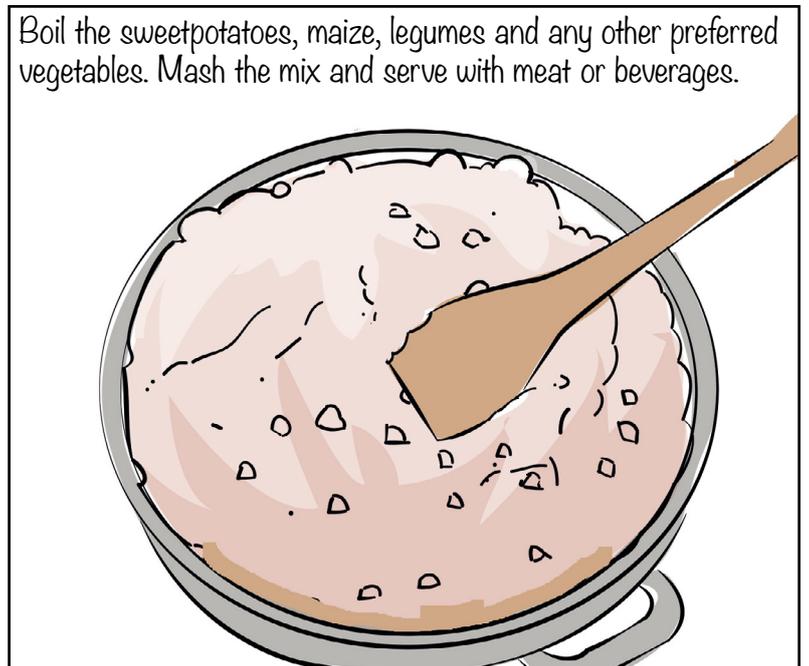
Wash, peel and place the roots into clean water.



Chop off the tips and don't throw them away. The tips can be mashed to make mukimo.

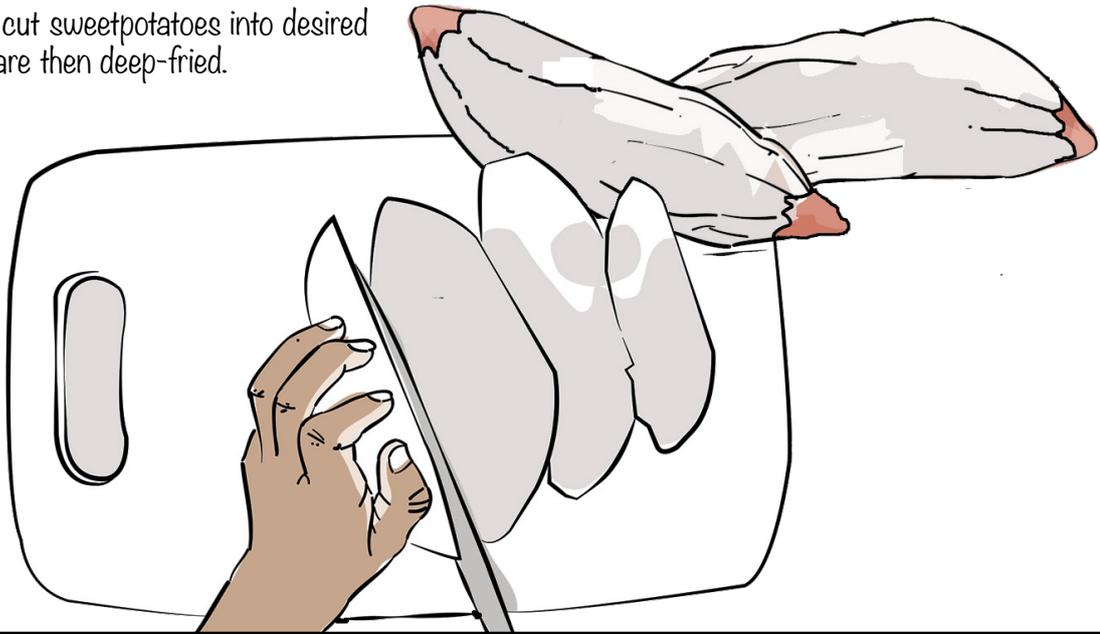


Boil the sweetpotatoes, maize, legumes and any other preferred vegetables. Mash the mix and serve with meat or beverages.

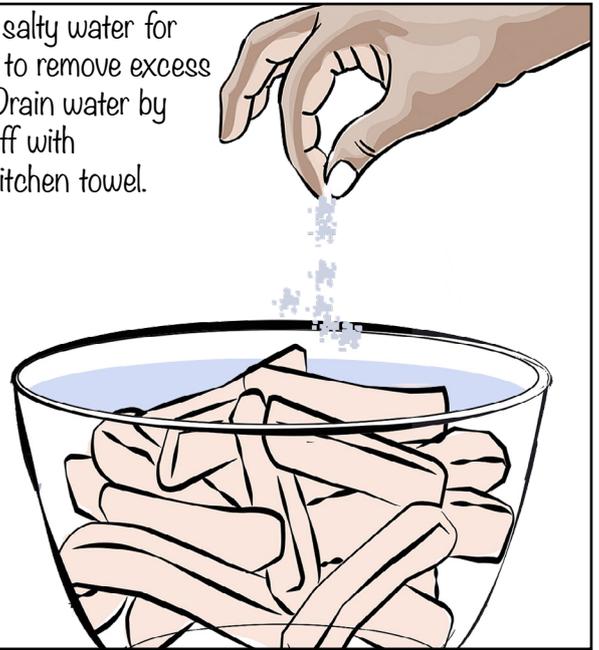
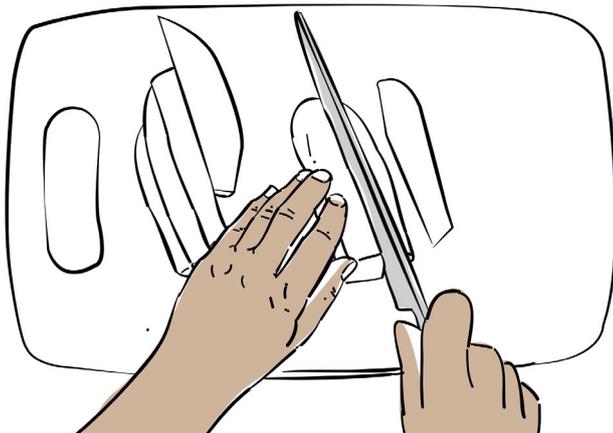


## Chips

To make chips, cut sweetpotatoes into desired shapes, which are then deep-fried.



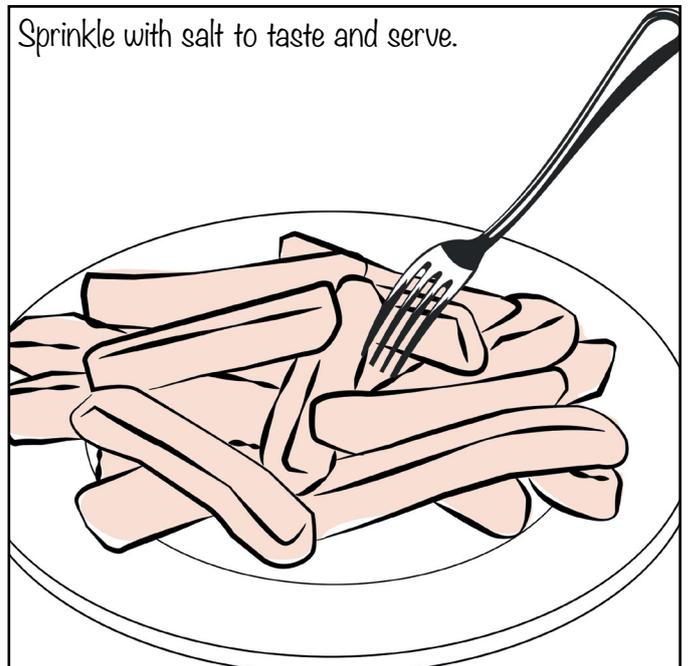
Soak in salty water for 10 mins to remove excess starch. Drain water by drying off with paper/kitchen towel.



Deep fry in hot oil for 2-3 mins.

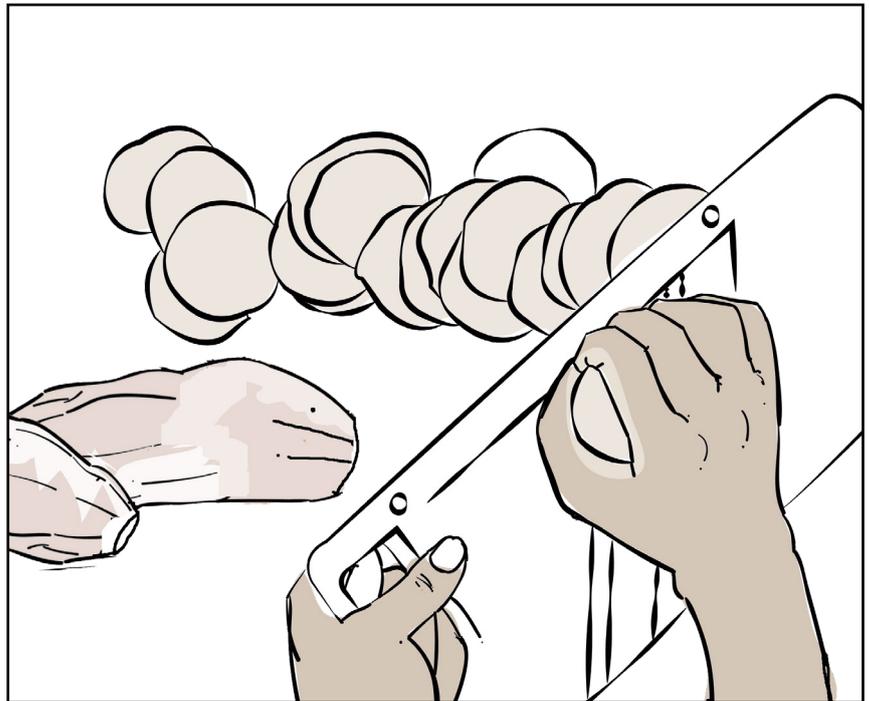
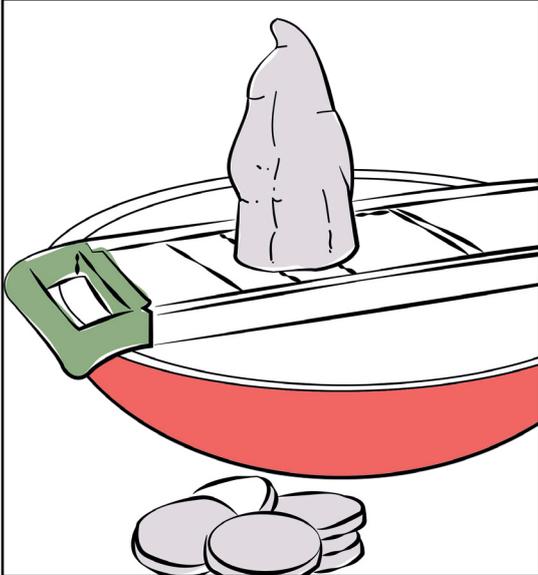


Sprinkle with salt to taste and serve.

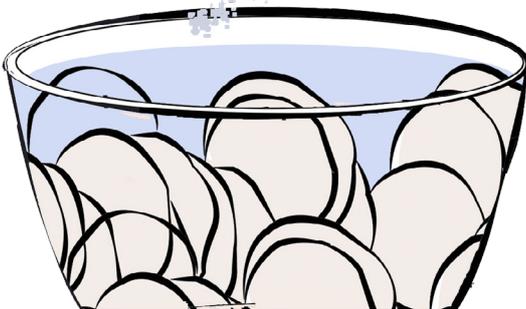


## Crisps

Slice into very thin pieces using a knife or a grater.



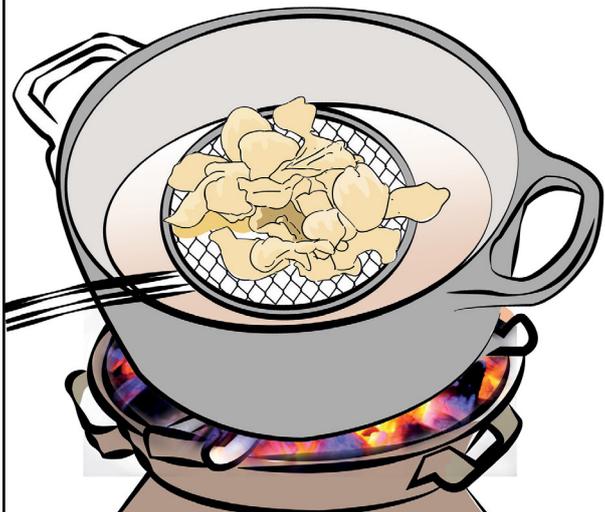
Soak in salty water to remove excess starch.



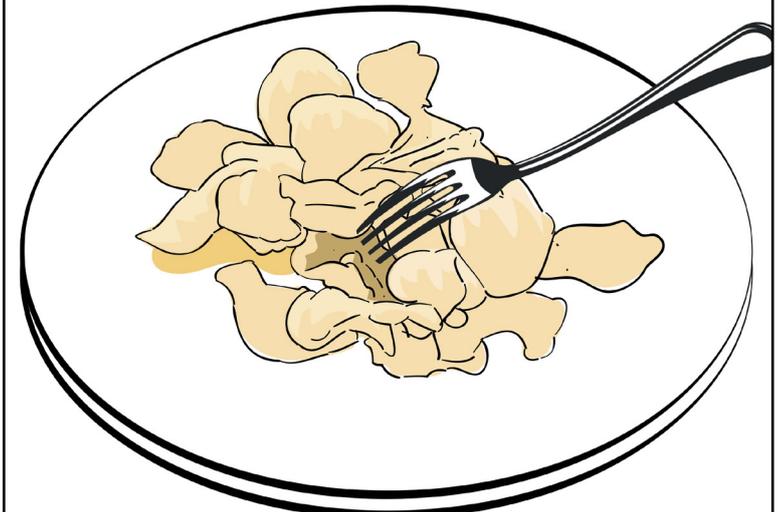
Heat oil required for deep frying.



Carefully drop the sweetpotato slices in bits and deep fry. Keep tossing the crisps, and deep fry till golden brown, flip with a draining spoon.



Remove on an absorbent paper. Sprinkle with salt to taste and serve.



## Smoothie

To make smoothies, boil the sweet potato and add milk or water.



## Part Two

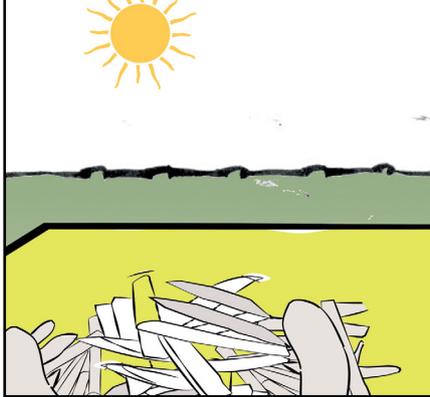
### Other sweetpotato products

Sweet potatoes present abundant business opportunities through value addition. Value addition offers product and market diversification thus reducing post harvest losses



### Flour

Sweetpotato flour is prepared from milling dried sweetpotato chips. Sun-dry/use a dryer for 2-3 days to maintain its original color.



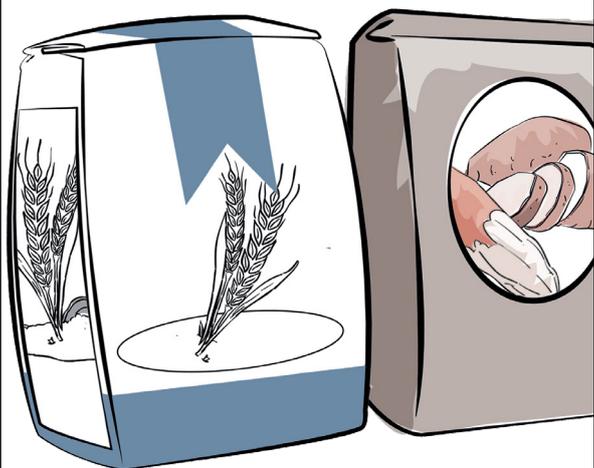
Mill the dried sweetpotatoes to get flour.



Pack the flour in airtight containers and store in a cool, dry place, away from direct sunlight.

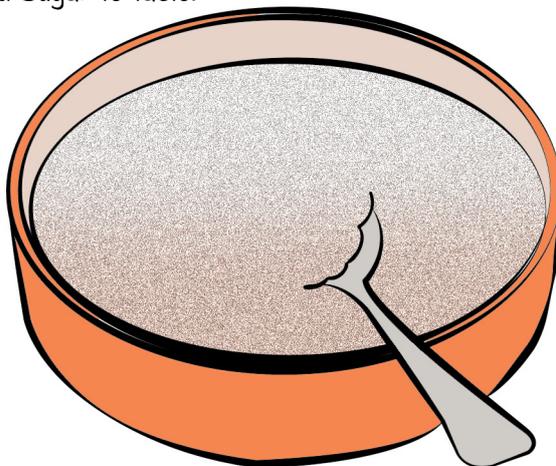


The flour can be composited with wheat flour.



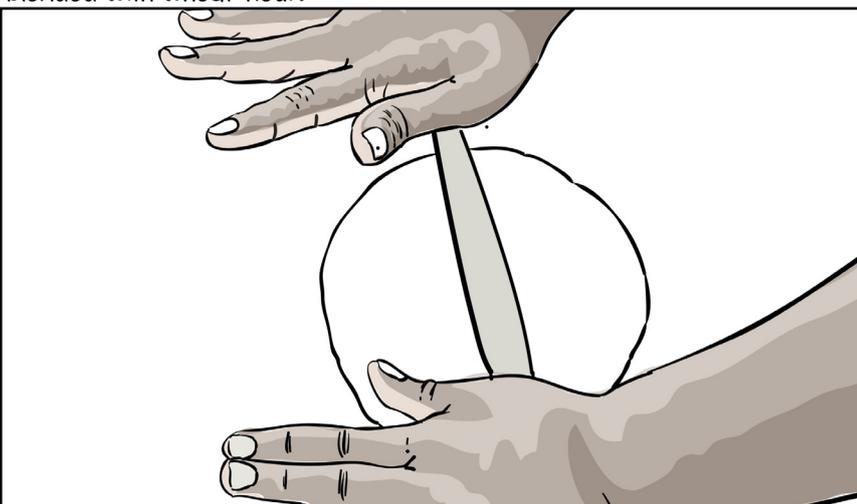
### Porridge

To make porridge, you need 3 tablespoons of composite flour. Take cold water in a cup and make a paste with the composite flour. Boil two cups of water, pour in the paste and stir vigorously to avoid making lumps. Continue stirring till when it is thick. Add Sugar to taste.

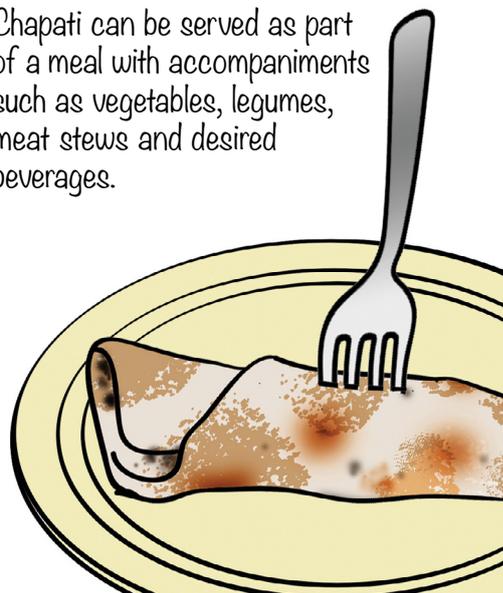


### Chapati

Sweetpotato chapati is a flat bread prepared from mashed sweetpotato blended with wheat flour.

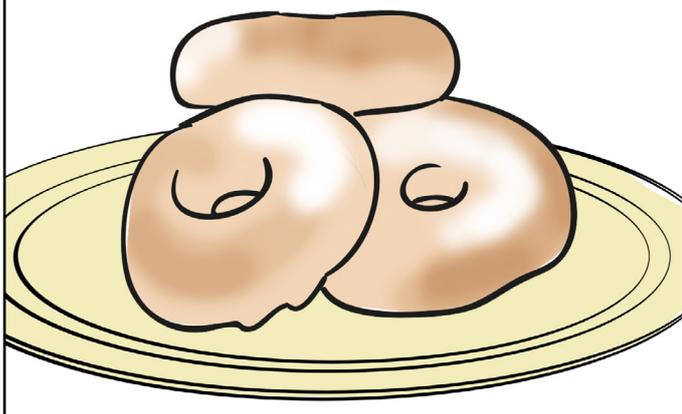


Chapati can be served as part of a meal with accompaniments such as vegetables, legumes, meat stews and desired beverages.



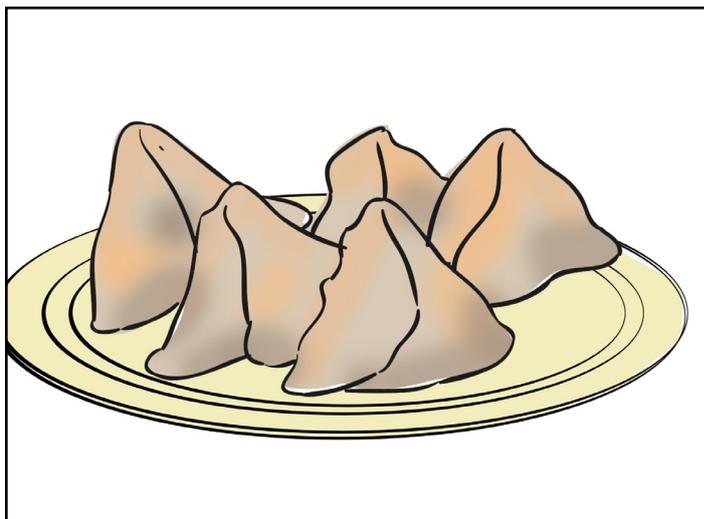
### Doughnuts

This is a fried bread-like bun that is round or ring shaped prepared from sweetpotato and wheat flour. It can be used as a snack or breakfast food.

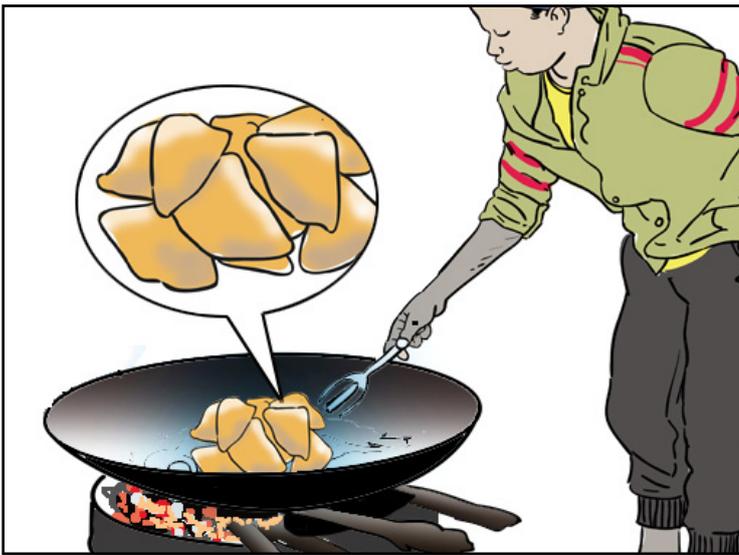


### Samosas

Samosas are made from fried or baked dough and filled with onions, legumes or minced meat. It is usually triangular shaped, but can be of any desired shape.

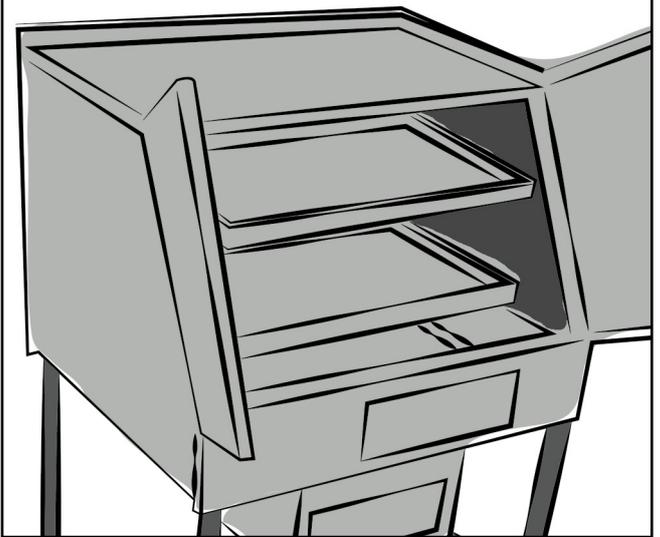


**Sweetpotato mandazi** is a fried bread prepared from sweetpotato mash or flour and wheat flour. It is popularly served as part of a meal or snack.



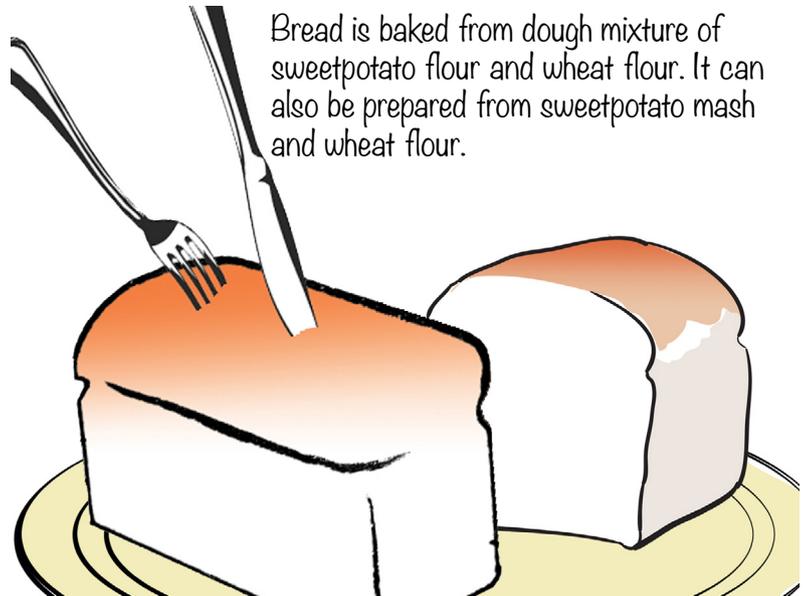
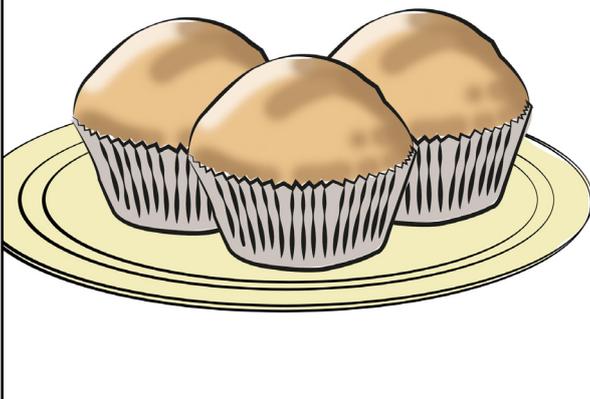
### Baked Products

With a baking oven, one can make more varieties of snacks.



### Cakes.

This is cake made from sweetpotato flour and wheat flour. It can also be made from sweetpotato mash and wheat flour.



Bread is baked from dough mixture of sweetpotato flour and wheat flour. It can also be prepared from sweetpotato mash and wheat flour.

In conclusion, entrepreneurs in Kenya are increasingly embracing the potential of value-added sweetpotato products, diversifying into new markets and driving innovation with their offerings.



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