Sweet-potato snack cups for a make-ahead spread

Printable planning sheet. Use this planning sheet with the full guide.

1. Plan small snack portions

Use the linked University of Maryland Extension recipe for quantities and preparation. Plan your portions before roasting.

2. Roast until tender

Follow the linked recipe for oven temperature, timing and fork tenderness. Use only vessels approved for hot food.

3. Cool and portion safely

For a make-ahead spread, divide into shallow containers and refrigerate promptly. Keep a separate yogurt dip chilled. Record preparation date and portion count; the guide does not promise a shelf-life extension.

Keep perishable food cold, follow actual food and container directions, and check ingredients and guest needs. Use the worksheet to organize ingredients and serving arrangements. Full instructions: figurenook.com/guides/sweet-potato-snack-cups-for-a-make-ahead-spread/

Roasting source: University of Maryland Extension, Roasted Sweet Potatoes. The recipe link is in the full guide. Use this worksheet to plan portions and chilling.

Your printable workspace

Guest count / goal:

Measurements / quantities:

Items already owned:

Optional supplies needed:

Important checks / next action:

Buying an item is optional. Use safe, suitable items you already own.