

Sweet Potato Cookies-nonwheat

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Home & Harvest, Recipes for Healthy Living

Desserts-Cookies & Bars



Servings: 45

Yield: 2 servings

1/3 cup sunflower oil

1/2 cup honey

*2 each duck egg white, beaten
(can substitute chicken egg
whites)*

1 teaspoon vanilla extract

*1 1/2 cups sweet potato,
pureed/cooked*

*3/4 cup millet flour, to
spread on pastry cloth*

3/4 cup rice flour

*2 1/2 teaspoons baking
powder*

1/2 teaspoon sea salt

1/4 cup rice flour, for

kneading, rolling out, cutting

1 teaspoon cinnamon

1/2 teaspoon nutmeg

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Preparation Time: 30 minutes

Mix oil, honey, egg, and vanilla together until well blended.

Add sweet potato puree and mix well. Then add cinnamon and nutmeg and mix well.

Mix together dry ingredients-flour, baking powder, and salt.

Pour flour mixture in thirds into liquid mix. Stir until batter becomes dough-like. It will be somewhat sticky.

Spread 1/4 c. rice flour on pastry cloth. Then place cookie dough on cloth and gently knead for one minute. If dough is still somewhat sticky, knead in a little extra flour. Then roll or press out to a maximum of 1/8 thickness.

With cookie cutters in whatever shape you prefer, cut out cookies. Place on cookie sheet lined with parchment paper. Press one almond slice in the center of each cookie. You can spread a little honey on top for added sweetness.

Start to Finish Time: 1 hour 30 minutes

Preheat oven to 375 deg F. Bake cookies for 22 minutes. If you want them crisper, add 2 minutes but make sure the bottoms don't burn. If oven is hotter, reduce baking time about 3-5 minutes. Remove cookies to cooling rack. Let cool for about 10 minutes. Makes about 45 delicious cookies. If dough is rolled out to 1/4 inch thickness, about 30-35 cookies result. These cookies will be less crisp if you prefer them softer and thicker.

This is a wonderful recipe from a Uganda friend, Elizabeth Akello. I modified it to use nonwheat flour and make closer to Day 4 Rotation recipe.

Per Serving (excluding unknown items): 50 Calories; 2g Fat (30.6% calories from fat); 1g Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 49mg Sodium; 3g Total Sugars; 0mcg Vitamin D; 22mg Calcium; trace Iron; 24mg Potassium; 37mg Phosphorus.