

NAME: Spicy French Gruyere Sweet Potato Bread

INFO: A very tasty, spicy, moist and hardy bread, great with cream cheese or on its own for breakfast with a shot of espresso.

INGREDIENTS:

Yield: 10 – 12 slices

45 g Coconut Flour

45 g Almond Flour

90 g Cassava Flour

2 tsp of Baking Powder

1 tsp Mustard Powder

1 tsp Himalayan Salt

115 g French Gruyere Cheese (grated)

1 medium size Onion (finely chopped)

500 g White Sweet Potato (grated)

1 Pastured Raised Egg

2 TBL Almond Milk (unsweetened)

½ tsp Piri Piri or Cayenne Pepper

1 TBL Italian Tomato Paste

35 g Pecans (nicely chopped)

DIRECTIONS:

Preheat oven to 375

Oil baking pan with coconut or olive oil or if using silicone pan no oil is needed, we used a silicone 9 x 4 x 2 ½ bread pan.

In a large bowl put flours, piri piri, mustard, and salt stir until well blended. In same bowl add onion, ¾ of the gruyere, and grated sweet potato, mix thoroughly.

In a small bowl whip egg, milk, and tomato paste.

In the large bowl with flour, add egg mixture and again blend well together with your hands or a spatula.

Once dough is ready put into baking pan sprinkle the rest of the cheese and chopped pecan on top and put into preheated oven. Bake for around 50 minutes, since every oven is different make sure to check a few time and do the toothpick test to confirm ready, it should be golden brown. Let cool and serve.