

NAME: Sweet Potato Bread

INFO: A great hearty grain free bread substitute using sweet potatoes and almond meal, great with a coconut icing for desert or with a Plant Paradox friendly cream cheese or butter with your morning coffee or tea.

INGREDIENTS:

Yield: 12 to 16 Slices

1 ½ cup Sweet Potato Bread ((Grated), we prefer white sweet potatoes but any will work)

2 ½ cups Almond Meal

2 Pasture Raised Eggs (Whisked)

2 tsp Baking Powder

½ tsp Himalayan Salt

2 tsp Cinnamon

¼ tsp Nutmeg

½ cup Monk Fruit (finely ground)

1 tsp Apple Cider Vinegar

1 tsp Vanilla Extract

¼ cup of Nut Butter (our nut butter is a combination of walnuts, almonds & pecans, but straight almond butter is also OK)

DIRECTIONS:

Preheat oven to 350

Prepare baking pan wiping some coconut oil, using either a 9 x 13 size or 8 ½ x 4 ½ x 2 ½ or something similar.

In a medium size bowl combine almond meal, baking powder, cinnamon, nutmeg & salt, blend well together.

In a larger bowl combine sweet potatoes, eggs, nut butter, vinegar, monk fruit, and vanilla, once well mixed together add almond meal mixture from above slowly and mix together with your hands or a wooden spoon until all blended together.

Pour batter into pan and place into preheated oven, cook for around 50 to 60 minute, but every oven is different, with that said we suggest checking after 45 minutes using the toothpick test. Once finished let cool and serve.