



# Nutrition TEAM

with Kim Ross

## Sweet Potato Biscuits

I was at a recent social event and someone made gluten-free sweet potato biscuits. I was so excited that there was something there I could actually eat. They were so good I asked for the recipe. When I got it and saw all that was in the original recipe I knew that I had to re-create it making them healthier. These were not only delicious, but also quick and easy to make!

Cook time: 20-25 minutes

Prep time: 10 minutes

Total time: 30-35 minutes

Yield: 16 large biscuits

### Ingredients:

- 2 cups mashed cooked sweet potatoes
- 3 cups almond flour
- 2 tbsp baking powder
- 1 tsp salt
- $\frac{3}{4}$  cups coconut oil, solid
- $\frac{1}{4}$  cup honey
- $\frac{1}{4}$  cup almond milk
- 1 tbsp cinnamon



### Directions

1. Preheat oven to 400F.
2. Peel and chop 1 extra large sweet potato. Boil for about 10 minutes until soft. Drain and mash.
3. While sweet potatoes are cooking, mix together almond flour, baking powder and salt.
4. Cut in solid coconut oil with fork.
5. Combine mashed sweet potatoes and honey.
6. Mix with flour mixture and add almond milk.
7. With a spoon or ice cream scoop, drop biscuits on a baking sheet.
8. Bake for 10-15 minutes until golden brown.
9. Serve warm. You can also drizzle with honey.

Nutritional Value Per large biscuit

246.5 Calories 18g Fat 18.3g Total carbs 3g Fiber 15.3g Net carbs 5.7g Protein

***About the Contributor:** Nicole Brooker earned her Master's degree in Applied Clinical Nutrition from New York Chiropractic College in August 2018. Nicole is passionate about nutrition education, GI health and disease prevention. She is currently an adjunct professor at Columbia International University where she developed and wrote the curriculum for a Health and Nutrition Minor. She is currently earning clinical hours toward the Certified Nutrition Specialist (CNS) credential under Kim Ross's supervision.*