

Sweet Potato Bread



Servings:

10

Prep Time:

15 minutes

Cook Time:

40-45 minutes

Ingredients

- 1 cup **Sweet Potato**, cooked & mashed
- 4 **Eggs**
- ½ cup **Coconut Flour**
- 2 tsp **Cinnamon**
- ½ tsp **Nutmeg**
- ½ tsp **Baking Powder**
- ½ tsp **Baking Soda**
- ¼ tsp **Salt**
- 1/3 cup **Maple Syrup**
- 3 tbsp **Coconut Oil**
- 1 ½ tsp **Vanilla Extract**
- ½ cup **Walnuts**, chopped

Method of Preparation

Step 1

Preheat oven to 350°F. Line baking loaf pan with parchment paper. Lightly coat with cooking spray.

Step 2

Whisk together dry ingredients (except for chopped walnuts).

Step 3

In a separate bowl, whisk eggs. Add maple syrup, coconut oil, vanilla extract and mashed sweet potato. Mix well.

Step 4

Add dry ingredients and mix.

Step 5

Pour into loaf pan and smooth top of batter.

Step 6

Top with walnuts.

Additional Toppings: chia seeds, nuts or dark chocolate chips.

Step 7

Bake for 40 minutes, or until a toothpick comes out clean. Allow to cool for approximately 15-20 minutes.