

# Sweet Potato Biscuits

Recipe adapted from: <https://www.momontimeout.com/sweet-potato-biscuits/#recipe>

## Ingredients:

- 1 1/2 cups baked sweet potatoes cooled and mashed well (or 1- 15oz can sweet potato puree)
- 6 tbsp unsalted butter melted
- 1 cup buttermilk (or whole milk)
- 3 1/4 cups all purpose flour
- 5 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp salt
- 2 tbsp sugar

## Directions:

- 1) Preheat oven to 400F and line a baking sheet with parchment paper or a silicon mat. Set aside.
- 2) In a large bowl, combine mashed sweet potatoes, melted butter and buttermilk. Whisk to combine.
- 3) Add flour, baking powder, baking soda, sugar, and salt. Stir just until combined.
- 4) Turn out dough onto a lightly floured surface. The dough will be sticky so sprinkle flour on top of the dough as well.
- 5) Knead the dough 10 times, sprinkling with additional flour as necessary.
- 6) Roll the dough out to about 3/4-inch thick and cut with round cutters (or use a drinking glass to make circle cut-outs)
- 7) Place on prepared baking sheet and bake for 15 to 20 minutes or until golden brown and cooked through. Serve immediately.



## Healthy TIPS

Sweet potatoes are high in **beta carotene**, a nutrient our body converts to vitamin A.

**Vitamin A** is an **antioxidant**, which reverses bad reactions in our body caused by pollutants in the environment, such as smoke, exhaust fumes and burnt foods.

