



Sweet Potato Scones

Make the most of this super-nutritious seasonal vegetable by working it into your baking. Serve warm with marmalade for a holiday morning or dinner table treat.

INGREDIENTS:

¾ cup mashed roasted sweet potato (about 1 medium potato)
¼ cup agave nectar (or honey)
2 tablespoons canola oil
1 large egg
1 teaspoon micro-grated orange peel
½ teaspoon pure vanilla extract
1 ½ cups unbleached organic white flour
1 ½ teaspoons baking powder
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground cardamom
¼ teaspoon salt
1 tablespoon maple syrup

PREPARATION:

- Preheat oven to 375 degrees, place sweet potato in a pie pan and roast for 45 minutes to 1 hour-depending on thickness-until soft and caramelized. Leave the oven on
- Cool, peel, discard the skin, mash the potato and measure ¾ cup
- Combine potato with agave, oil, egg, orange peel and vanilla and mix well
- Combine dry ingredients-flour through salt-and whisk together
- Combine wet and dry and mix just a few strokes to create a dough, do not overwork the dough or it will become tough
- Turn out onto a lightly floured surface, divide the dough in half and pat each piece into a 6 inch circle. Handling as lightly as possible
- Use a large knife or bakers "bench" knife to cut each round into 6 small wedges
- Transfer to a baking sheet and brush each piece with maple syrup
- Bake on 375 degrees for about 15 minutes or until golden

Makes 12

Calories per scone: 61

Fat Grams: 1.5

