



## SWEET POTATO SPICED COOKIES

SUBMITTED BY: Renee Bonnyman, Pharmacy

I chose to share this recipe because it is allergy friendly, easy and no one will be able to tell they are vegan and gluten free!

### DIRECTIONS:

1. In a large bowl mix dry ingredients together
2. In a stand mixer cream butter, maple syrup and brown sugar together
3. Add sweet potatoes, vanilla, and flax meal. Mix briefly
4. Slowly add in dry ingredients, blend until incorporated. Turn mixer to high and blend for 30 seconds.
5. Scoop by tablespoon onto parchment lined cookie sheets
6. Bake in a 350 degree oven for 10-12 mins or until set and edges start to brown
7. Let cool on pans for 5 mins, then transfer cookies to a wire rack to cool completely
8. Frost with Maple Glaze Maple Glaze.

- **Ingredients:** 1 Cup of powdered sugar 1 tsp of non dairy butter 1 tsp of maple extract 2-3 TBSP non dairy milk
- **Directions:** In a medium bowl, whisk together powdered sugar, butter, maple and 1 tbsp. of milk. If it is too dry add another tbsp. of milk until desired consistency. Whisk until smooth. Use a fork to drizzle icing over cookies.

### INGREDIENTS:

#### Dry Ingredients:

- 1 Cup Sorghum Flour
- 1/2 Cup Quinoa Flour
- 3/4 Cup Potato Starch
- 3/4 Cup Tapioca Starch
- 2 Tsp Xanthan Gum
- 1 Tsp Baking soda
- 2 Tsp Baking Powder
- 1 Tsp Sea salt
- 2 Tsp Cinnamon
- 1/2 Tsp Nutmeg

#### WET INGREDIENTS:

- 1/2 Cup Nondairy Butter
- 3 Tbsp Maple Syrup
- 1/2 Cup Brown Sugar
- 3/4 Cup Cooked mashed sweet potato
- 2 tsp vanilla extract
- 1 TBSP flax meal