



Growing Healthy Food, People
and Communities

Chef in the Garden

Sweet Potato Cookies

10/16/09

Kitchen Chefs Dawain Arrington and Michael Robb*



Ingredients

- 2 ½ cups all-purpose flour
- 1 ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup butter
- ¼ cup white sugar
- 1 ½ teaspoon grated lemon zest
- ¼ teaspoon ground nutmeg
- ¼ cup honey
- 1 egg
- 1 cup grated raw sweet potato

Directions

1. Preheat oven to 350° F.
2. Sift flour, baking powder, baking soda and salt into a bowl, and set aside.

3. In a large bowl, cream together butter and sugar until smooth.
4. Stir in lemon zest, honey, nutmeg and egg until well blended, then mix in grated sweet potato.
5. Stir in the flour mixture using a large spoon until just blended in.
6. Form tablespoons of dough into balls, and place onto ungreased baking sheets about two inches apart.
7. Bake for seven minutes in the preheated oven, or until the edges are starting to brown lightly.
8. Let cookies cool on baking sheet for about five minutes before removing to wire racks to cool completely.

* Recipe adapted from <http://recipes.target.com/>



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