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Sweet Potato Corn Bread

- 2 Tbsp ground flax seeds
- 1/4 Cup water
- 1 Cup whole wheat pastry flour
- 1 Cup cornmeal
- 1 Medium sweet potato cut in a small dice
- 1/4 Cup turbinado sugar
- 4 Tsp baking powder
- 1 Tsp sea salt
- 1 Cup almond milk or your favorite non-dairy milk
- 1/4 Cup olive oil
- 1/4 Cup maple syrup

- 1) Preheat oven to 425°F and spray 8-inch-square baking dish with nonstick cooking spray.
- 2) Bring the quarter cup of water to a boil in a small saucepan. Add the ground flax seed, and simmer until thickened for about 2 minutes. Set aside.
- 3) Place a steamer basket with water into a pan and bring to a boil. Add diced sweet potato and steam until tender, approximately 15 minutes. Remove sweet potato from pan.
- 4) Mash the sweet potato and set aside.
- 5) In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt until well-combined.
- 6) In a separate bowl, mix the wet ingredients: almond milk, ground flax seed mixture, olive oil and maple syrup.
- 7) Fold the wet ingredients into dry ingredients and gently fold in the mashed sweet potato to create the batter.
- 8) Put the batter into the prepared baking pan and bake for 20 to 25 minutes, or until a toothpick inserted in the middle comes out clean.
- 9) Cool on a wire rack for 10 minutes.

Makes 8 Servings

