

This healthy gluten-free sweet potato bread recipe is about to become a lunch favourite!

Healthy never tasted so damn good!

By [Jess Arrowsmith](#) • 1 week ago • WELLNESS

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This simple and nourishing recipe is from Teresa Cutter, The Healthy Chef's new cookbook *Earth To Table*. Sweet potatoes are a healthy low GI vegetable high in beta-carotene, the precursor to vitamin A – important for eye and skin health. They make the most magnificent bread and are deliciously caressed with a little rosemary or fresh thyme.



MAKES 1 LOAF

INGREDIENTS

- 450 g (16 oz) grated raw sweet potato with the skin plus extra for garnish
- 4 organic eggs
- 1 teaspoon sea salt
- 60 ml (1/4 cup/2 fl oz) extra virgin olive oil
- 300 g (3 cups/10 1/2 oz) almond meal
- 2 teaspoons gluten-free baking powder
- a hint of rosemary, sage or thyme

Tip: Add 1 cup of [The Healthy Chef vanilla protein powder](#) for added protein!

METHOD

- PREHEAT your oven to 160°C (320°F) fan-forced.
- COMBINE sweet potato, eggs, salt and olive oil into a bowl.
- ADD the almond meal and baking powder and mix well.
- LINE a loaf tin with baking paper at the base and the sides.
- SPOON the mixture into the loaf tin.
- DECORATE the bread with shavings of sweet potato drizzled in a little olive oil and sea salt over the top.
- BAKE for 1 hour until cooked through.
- REMOVE from the oven and allow to rest in the tin for 1 hour before removing from the tin.
- COOL and enjoy.

INSPIRATION

Toast the bread and drizzle with almond butter or top with smashed avocado.



This is an exclusive recipe from Teresa Cutter's new cookbook 'Earth To Table' (\$49.95). Pre-order available now. Official release scheduled for early October.

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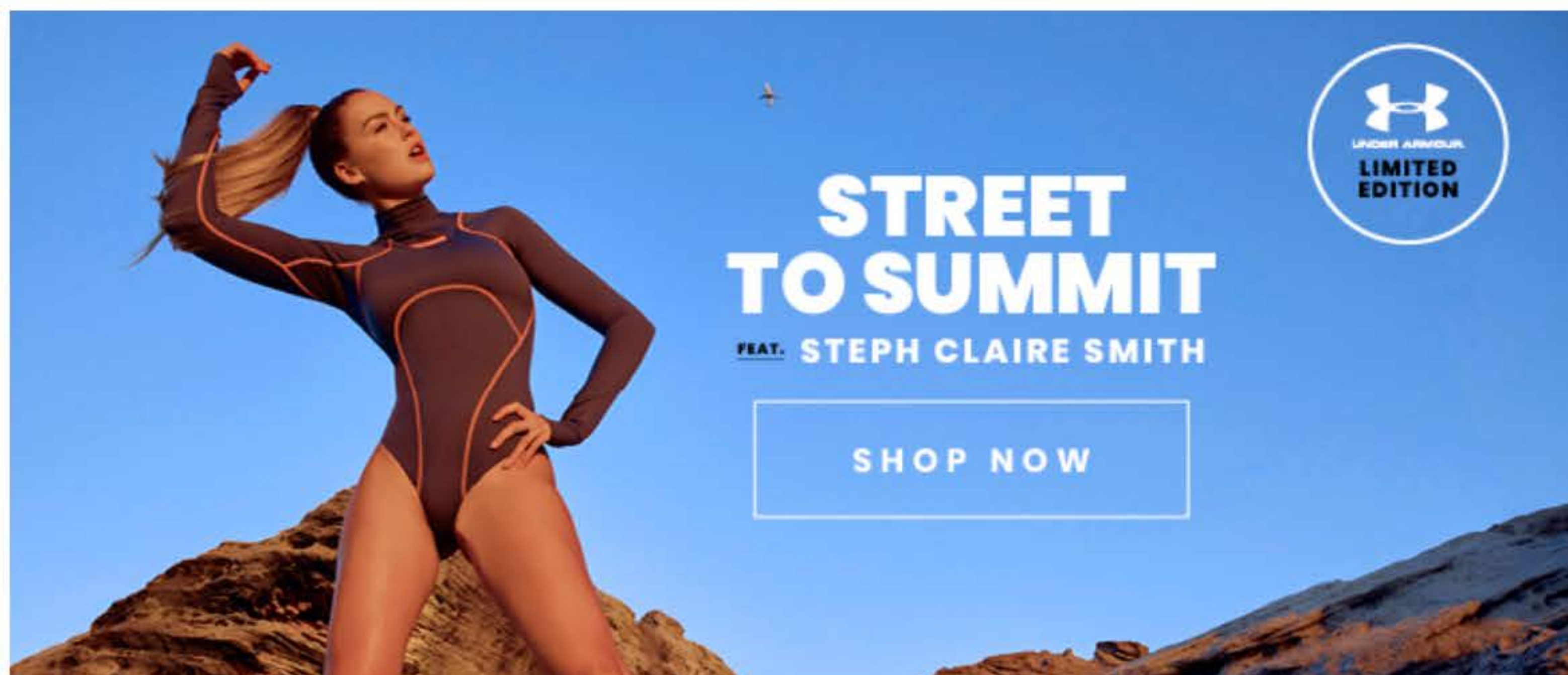
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