

SWEET POTATO, MAPLE, WALNUT, DATE CAKES

BY: MICHAEL WIRTH

INGREDIENTS

2 medium sweet potatoes cubed (peel if you want but all the nutrients are in that skin so I don't)

2 eggs

2 tablespoons melted butter

2 tablespoons maple syrup

¼ cup flour (rice flour works great or all-purpose will do)

Cinnamon to taste

Salt to taste

1 cup cooked sticky rice (sushi rice)

6 Medjool dates

½ cup chopped walnuts (or other nuts per preference)



INSTRUCTIONS

1. Heat the oven to 400° F.
2. Boil water with a dash of salt in a large pot. While the water is boiling, cut sweet potatoes.
3. Once the water reaches a boil, reduce to medium heat to maintain a gentle boil. Add sweet potato cubes and cook for 12-15 minutes until tender.
4. Place the cooked sweet potatoes, eggs, butter and maple syrup in a food processor and pulse the ingredients until they are smooth. Mix in the flour, cinnamon and salt to the mixture and pulse until fully mixed.
5. Add the rice to the mixture and pulse gently to incorporate the rice into the mixture. The batter will most likely be thick.
6. Chop the dates into small pieces.
7. Add dates and walnuts to the sweet potato mixture and stir to evenly incorporate by hand.
8. Lightly coat a muffin tin with non-stick cooking spray (butter or your choice).
9. Use a small measuring cup to fill each muffin mold. Bake for 15-20 minutes or until the centers are set.
10. Top with some more of your favorite nuts, dried fruit and dates.
11. Wrap with tin foil and store in the refrigerator.