

# Savory Sweet Potato Biscuits

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 1 cup oat flour
- 1/2 cup buckwheat, spelt or whole wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 2 tbsp dried Italian seasoning
- 1 tbsp dried rosemary
- 1 tbsp garlic powder
- 1/2 tsp fine sea salt
- 2 tbsp fresh parsley
- 1 cup sweet potato puree
- 1/2 cup non-dairy milk
- 1/4 cup coconut oil or melted butter
- Optional: Sprinkle with Plant-based Parm

## Instructions:

1. Preheat oven to 350F (180C) and grease or line a muffin tin with muffin cups. In a large bowl, combine flours, baking powder, baking soda, Italian seasoning, rosemary, garlic powder and sea salt. Mix well.
2. Add fresh parsley, sweet potato puree, milk and melted butter or coconut oil to the large bowl. Mix until fully combined.
3. Spoon batter equally between 12 muffin cups. Sprinkle with Plant-based Parm (see blog post for recipe link).
4. Bake for 15-20 minutes or until a fork inserted comes out clean. Let cool for 5-10 minutes. Spread some cashew cheese or goat cheese on a biscuit if you like!
5. Store in fridge for up to a week or in freeze for up to 3 months. Reheat in oven for 5-10 minutes.

## Notes:

Makes 12 muffins