



SWEET POTATO & LENTIL LOAF

INGREDIENTS

- 1/2 cup cooked sweet potato
- 4 eggs
- 1/4 cup maple syrup
- 2 tbsp coconut oil
- 1/2 cup of *The Pinnaroo Farmer* Red Lentil Flour
- 1 tsp cinnamon
- 1 tsp ginger
- 1/2 tsp nutmeg
- 1/2 tsp baking soda
- 1/2 tsp baking powder

Optional:

- 1/2 tsp cardamom
- Sprinkle peacans on top

DIRECTIONS

1 - Pre-heat oven to 170 degrees and grease a loaf tin.

2 - Cook the sweet potato (steam or microwave) until very soft - then mash.

3 - Combine all the wet ingredients. Sift all the dry ingredients into the wet mixture. Stir well.

4 - Transfer to lined loaf tin (sprinkle peacans on top if using).

5 - Bake approx 25min our until skewer comes out clean.

6 - Sprinkle icing sugar on top if you want to make it look pretty!

Recipe: Meg www.thehealthylabel.com

Enjoy!

The
Pinnaroo
Farmer

PREP TIME: 15 MIN

COOK TIME: 25 MIN

CAKE READY IN: 35 MIN