



Sweet Potato Cornbread

*(Healthy adaptation from Southern Living Magazine, Jan. 2012 issue)
(Makes 6 servings)*

- 2 cups sprouted organic corn flour
- 1 teaspoon baking soda (*aluminum-free*)
- 1 teaspoon baking powder (*aluminum-free*)
- ½ teaspoon sea salt
- 3 tablespoons maple sugar or sucanat
- ¼ teaspoon pumpkin pie spice
- 5 large eggs, preferably pastured
- 2 cups cooked mashed sweet potatoes (*about 1 ½ lb. sweet potatoes*)
- 8 oz. full fat sour cream
- ½ cup butter, melted (*organic or raw*)

1. Preheat oven to 425 degrees. Stir together flour, baking soda and powder, salt, sugar and pie spice in a large bowl; make a well in center of mixture. Whisk together eggs, sweet potatoes, sour cream and butter; add to flour mixture, stirring just until moistened. Spoon batter into a lightly buttered 9" square pan.

2. Bake at 425 degrees for 35 minutes or until golden brown.

NOTE: Top each slice with mounds of shredded pork barbeque and creamy cole slaw or fermented onions and peppers. Yum!