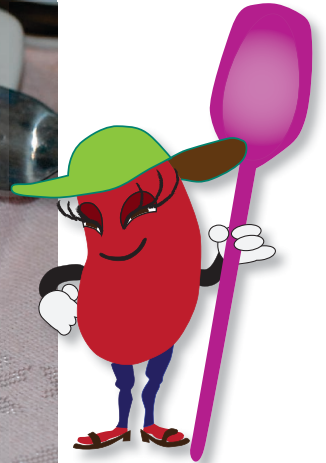


Beans, Rice And Everything Nice

Sweet Potato Quick Bread



original recipe by beansriceeverythingnice.weebly.com

Ingredients:

350 grams your favourite gluten-free flour blend

or

140 grams sorghum flour (1 cup),
105 grams buckwheat flour (3/4 cup),
70 grams arrowroot starch (1/2 cup),
and 35 grams tapioca starch (1/4 cup).
(approximately 2 1/2 cups flour)

1 teaspoon baking powder

1/2 teaspoon baking soda

1 teaspoon cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

2 Tablespoons ground flax or chia seed

6 Tablespoons warm water

1/2 cup applesauce

1/2 cup sweetener of choice
(I used coconut sugar)

1 cup non-dairy milk of choice.
(I used soy milk)

1 teaspoon vinegar
(I used apple cider vinegar,
but white vinegar works well too.)

1 cup packed shredded sweet potato

1/2 cup raisins or chopped nuts

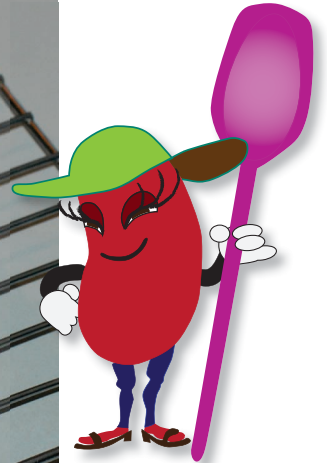
Topping:

2 teaspoons sugar

1 teaspoon cinnamon

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1. Preheat the oven to 175C / 350F. Line a 9"x 5" loaf pan with parchment paper and set aside. In a small bowl or empty spice jar, mix together the topping ingredients. Set aside.
2. Measure the flour blend into a large mixing bowl. Add the baking powder, baking soda, cinnamon, ginger, and nutmeg. Whisk to combine, and set aside.
3. Place the ground flax seed in a medium bowl, add the warm water, and whisk until frothy. Pour the non-dairy milk into measuring cup and add 1 teaspoon of vinegar. Set aside to thicken while you peel and grate the sweet potato. About half a medium-small sweet potato will give you about 1 cup grated. I used my food processor.
4. Add the applesauce and sugar to the bowl with the flax gel. Pour in the soured milk and combine until the sugar has dissolved.
5. Add the grated sweet potato and the raisins or nuts to the wet ingredients and combine.
6. When the oven temperature is ready, add the wet ingredients to the dry and stir to combine. The consistency should be like a thick pancake batter.
7. Pour the batter into the prepared loaf pan. Sprinkle the top with cinnamon sugar, and bake in the oven for 55 to 65 minutes, until a toothpick inserted into the centre comes out almost clean and the loaf is firm but springy. You should feel some gentle resistance. The loaf will continue to set as it cools. Overcooking will result in a dry loaf.
8. When baked, remove from the oven, place on a wire rack and allow to cool in the pan for 10-15 minutes. Remove from the pan and allow to cool completely before slicing.