

## Sweet Potato Cornbread

### INGREDIENTS:

Vegetable oil cooking spray  
 ¼ cup water  
 2 tbsp. ground flax seeds  
 1 medium sweet potato, peeled  
 1 cup whole wheat pastry flour  
 1 cup organic cornmeal  
 4 tsp baking powder  
 1 dash of salt  
 1 cup organic soy milk  
 3 tbsp. olive oil  
 ¼ cup maple syrup



### INSTRUCTIONS:

1. Preheat oven to 425° F. Lightly grease 8 x 8 baking dish with vegetable oil cooking spray.
2. Cut sweet potato into large chunks. Steam for 20 minutes or until tender. Remove and mash.
3. Bring water to a light simmer, add ground flax into small bowl with water and stir. Set aside.
4. In a medium bowl combine flour, cornmeal, baking powder, and salt.
5. In a separate bowl, combine soy milk, ground flax seed mixture, olive oil, and maple syrup.
6. Fold the dry ingredients into the wet ingredients. Gently fold in the mashed sweet potato.
7. Pour batter into baking dish, bake for 20-25 minutes or until an inserted toothpick comes out clean. Cool for 10 minutes. Cut into 12 portions. Serve.

Servings: 12

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 square</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 93mg	<b>8%</b>
Iron 1mg	<b>6%</b>
Potassium 309mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.