

Sweet Potato Cookies

with parsley

175 g spelt flour
75 g buckwheat flour
200 g sweet potato
1 egg
20 g linseed oil
½ tbsp honey
½ bunch parsley



Peel the sweet potatoes and cut them into cubes. Boil them in a little water until the water has almost evaporated by the time the sweet potatoes are done. Mash the sweet potatoes with a fork until they form a thin paste.

Finely chop the parsley.

Combine the egg, oil, honey, and parsley and add to the sweet potatoes.

Combine the spelt and buckwheat flour and knead into the sweet potato mixture until a smooth dough forms. If the mixture is too soft, add a little more spelt flour.

Form a portion of the mixture into a log (approx. 1 cm in diameter) and cut off small pieces. Place the cookies on a baking sheet lined with parchment paper.

Bake at 175°C for approximately 20-25 minutes.

After baking, let the cookies dry thoroughly and store in an airtight bag or container.