

Sweet Potato Biscuits- courtesy of Anne Bradley – concentrated complex carbs to keep you going strong on the bike or on a ski – or simply with a good bowl of soup and a salad!

(from Mama Dip's Kitchen by Mildred Council, Chapel Hill, NC)

2 cups of cooked mashed sweet potatoes  
one-half cup of melted butter  
1 and one-quarter cups of milk  
4 cups of self- rising flour  
a pinch of baking soda  
3 tablespoons of sugar

Mix together the sweet potatoes, butter and milk until well blended. Stir in the flour, baking soda, and sugar. Shape the dough into a ball and knead about 8-10 times on a well-floured surface. Roll the dough into about 12-15 small rounds about 1 inch thick. Bake in a greased baking pan in an oven at 400 degrees for 15-20 minutes or until brown.

Variations: I have used 2 cups of white and 2 cups of whole wheat flour. From what I have read you would add 1 and one-eighth of a teaspoon of salt per one cup of flour plus 1 and one-quarter teaspoon of baking powder per cup, if you are using regular flour.