

## health & cooking

### Sweet Potato Corn Bread

By [The Gluten Free Goddess](#)  
WebMD Recipe from Foodily.com

This turned out to be the best gluten-free cornbread yet- slightly sweet and moist, with a tender crumb.

#### Ingredients

3 large organic happy free-range eggs  
1/2 cup extra light olive oil  
3/4 cup sweet potato puree  
3/4 cup brown sugar, packed  
1 teaspoon bourbon vanilla extract  
1/2 teaspoon cinnamon  
1 teaspoon Pumpkin Pie Spice  
1 cup organic stone ground cornmeal  
1 cup Pamela's Ultimate Baking Mix - or your own flour mix with 1/2 teaspoon baking soda, 1 teaspoon baking powder, and a good pinch of sea salt added  
1/2 teaspoon baking powder  
A pinch of sea salt

#### Instructions

Preheat the oven to 350 degrees F. Grease the bottom of a 7 or 8-inch cake pan and dust it with cornmeal. I used a spring form pan.

In a large mixing bowl, whisk the eggs till frothy, and add the oil; whisk to combine. Add the sweet potato puree and whisk well. Add the brown sugar, vanilla extract, cinnamon, and pie spice and whisk to combine.

In a separate mixing bowl whisk together the cornmeal, flour mix, baking powder, and sea salt.

Using a rubber spatula or wooden spoon, add the dry ingredients into the wet; and stir by hand just enough to make a smooth batter. Pour the batter into the prepared cake pan.

Bake on a center rack in the preheated oven for about 45 minutes or so, until the cornbread is firm to the touch and golden. Check with a wooden pick, if necessary; if it emerges clean, the cornbread is done. [Remember, Dear Reader, I bake at high altitude, so please use your own tried-and-true guidelines for baking times.] Cool the cornbread in the pan- on a wire rack- for ten minutes. Remove from the pan and cool. Serve slightly warm, if desired. Wrap and freeze leftover slices. Slice leftover cornbread and grill it a little light olive oil.

Total Servings: 8

#### Nutritional Information Per Serving

Calories: 124.1  
Carbohydrates: 0.2 g  
Cholesterol: 0.0 mg  
Fat: 14.0 g  
Saturated Fat: 1.9 g  
Fiber: 0.0 g  
Sodium: 135.1 mg  
Protein: 0.0 g



©2005-2010 Karina Allrich