



# Sweet Potato Rolls – Dairy Free

Original recipe created by Milessa Griffiths / Published in SuperHealthykids.com

Note: This recipe has been altered to be non-dairy. Please visit SuperHealthykids.com and find other healthy recipes. Not all recipes are Dairy Free.

## Ingredients

- 1 ½ cup Whole wheat (pastry flour) regular WW flour may make it dense.
- 1 tablespoon baking powder
- (\*Rumford is an Aluminum-Free, Non-GMO brand)
- 1 teaspoon salt
- 6 tablespoons cold non-dairy (margarine, cut into cubes)
- ¾ cup cooked mashed sweet potato (about 1 medium sweet potato)
- ⅓ to ½ cup (non-dairy milk – such as soy, almond, etc), as needed

## Directions

1. Preheat the oven to 425 degrees. Line a baking sheet with parchment or a baking mat.
2. In a medium mixing bowl combine the flour, baking powder, and salt. Use a whisk to combine.
3. Add the (non-dairy margarine) and use a fork, pastry blender, or your fingers, work the (non-dairy margarine) into the flour mixture until it is the size of small peas. Refrigerate for 10 minutes.
4. Add the sweet potato puree and ⅓ cup of nondairy milk - to the whole-wheat pastry flour mixture and stir to combine. If it is crumbly and not binding together add the rest of the non-dairy milk, 1 tablespoon at a time, until the dough comes together.
5. Remove the dough onto a flour dusted surface and dust the top with a little more flour. Roll the dough so that it is ¼ inch thick. Cut dough using a knife /biscuit butter into 9 pieces.
6. Put the biscuits on the baking sheet – lined with parchment or baking mat . Place the biscuits in the oven. Bake until the tops are a light golden brown, 12 to 15 minutes. Serve hot.



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