

## Sweet Potato Biscuits

1	small sweet potato, peeled, cooked and mashed
2 tbsp	margarine, melted
1 tbsp	brown sugar
1 cup	all purpose flour
1 cup	whole wheat flour
2 tsp	baking powder
½ tsp	baking soda
¾ cup	buttermilk (or ¾ cup of milk + 1 tbsp vinegar)

- In mixing bowl; combine sweet potato, margarine and brown sugar, beat well.
- In a separate bowl, combine flours, baking powder and baking soda. Add the buttermilk. Combine the sweet potato and flour mixtures.
- Turn the dough out on a lightly floured surface. Knead only for 8 strokes. Roll the dough out to 1-inch thickness. Cut with the floured rim of a glass or use a floured biscuit cutter.
- Place on an ungreased cookie sheet and bake for 12-15 minutes in 350°F preheated oven. Makes 12 biscuits.

*"More Diabetic Meals in 30 minutes or less" by Robyn Webb*