

Africa-Sweet Potato Cookies

Ingredients

2 ½ cups of all-purpose flour
1 ½ teaspoons of baking powder
½ teaspoons of baking soda
¼ teaspoon of salt
1 tablespoon grated lemons peel
1 piece of whole nutmeg (or teaspoon of ground)
¼ cup honey
1 egg
2 garnet yams

Directions:

1. Preheat the oven to 350 degrees and then bake the sweet potatoes for about 1 ½ hours. Or, pierce the potatoes several times with a fork, and microwave for 15-20 min or until soft. Let cool completely before scooping out the flesh. Baking the potatoes first gives the cookies a much richer flavor and makes them much easier to work with.
2. Spray a large baking sheet with cooking spray.
3. In the medium mixing bowl, sift the flour, baking powder, baking soda and salt into a mixing bowl then set aside.
4. In the large mixing bowl, cream the butter with the sugar in a large mixing bowl. Creaming means to mash together the butter and sugar; a fork works well.
5. Crack the egg. Use your ears!! Tap the egg on the side of the bowl until you **hear** it crack, then gently stick both of your thumbs in the crack and pull the shell apart. Put the shells on the paper towel and throw the towel and shells away immediately. Wash your hands.
6. Mix in the lemon peel, nutmeg, honey and egg. Then stir in the sweet potato.
7. Stir in the flour mix.
8. Place rounded teaspoons of the cookie dough on the baking sheets; they should be at least ½ in apart.
9. Bake for 7 min.

What you will need

A large mixing bowl
A medium mixing bowl
A wooden spoon
Measuring spoons
Measuring cups
A grater
A sifter
A fork

½ c. butter
½ c. sugar