



## Sweet Potato Flatbread

6 servings

30 minutes

### Ingredients

- 1 Sweet Potato (large, peeled and sliced)
- 1/2 tsp Sea Salt
- 1 cup All Purpose Gluten-Free Flour (plus extra for dusting)
- 2 tbsps Coconut Oil (divided)

### Nutrition

| Amount per serving |     |
|--------------------|-----|
| Calories           | 152 |
| Fat                | 5g  |
| Carbs              | 26g |
| Fiber              | 5g  |
| Protein            | 2g  |
| Calcium            | 7mg |

### Directions

- 1 Bring a pot of water to a boil. Place sweet potato in a steamer over boiling water and cover for 7 minutes (or until tender). Mash and measure out 1 cup per 6 servings. (Set any leftovers aside to use in another meal.)
- 2 In a mixing bowl, use a spatula to combine the sweet potato, salt and the flour. If the dough feels wet, add an extra tablespoon of flour at a time until it is soft and workable. Note, the moisture level of sweet potatoes may vary and require more or less flour.
- 3 Dust your hands and working surface with flour. Roll the dough into 2-inch balls. Then, roll each ball flat to about 1/8- to 1/4-inch thick.
- 4 Heat half the coconut oil in large skillet over medium-low heat and cook each flatbread for about 2 to 3 minutes per side. Add more oil as needed between flatbreads.
- 5 Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

### Notes

**Flour:** This recipe was tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, results may vary.

**Serve it With:** Hummus, curry, stew, soup, lentils, black beans or caramelized apples.

**Save Time:** Steam a large batch of mashed sweet potatoes earlier in the week and set aside a portion for this recipe.

**Storage:** Refrigerate in an airtight container up to 4 days or freeze for up to 6 months.

**Serving Size:** One serving is equal to one flatbread.



## No Bake Sunflower Butter Chocolate Oat Bars

18 servings

1 hour 15 minutes

### Ingredients

- 2 cups Oats
- 1/2 cup Oat Flour
- 1/4 cup Cacao Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 cup Sunflower Seed Butter
- 1/2 cup Raw Honey
- 1/2 cup Dark Chocolate Chips

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 210  |
| Fat                | 11g  |
| Carbs              | 23g  |
| Fiber              | 3g   |
| Protein            | 5g   |
| Calcium            | 19mg |

### Directions

- 1 Combine the oats, oat flour, cacao powder, cinnamon, and salt together in a large bowl. Stir to combine. Mix in the sunflower seed butter and honey, and stir until a dough has formed. Fold in the chocolate chips.
- 2 Line a cake or loaf pan with parchment paper and scoop the dough into it. Pat it down flat with a spatula or your hands until even. Transfer to the fridge to set for at least one hour.
- 3 Slice, serve, and enjoy!

### Notes

**Leftovers:** Keep in an airtight container on the counter for up to five days. Or, refrigerate in an airtight container for up to one week. Freeze for up to three months.

**Serving Size:** One serving is equal to one bar. A 9 x 9-inch (23 x 23 cm) baking pan was used to make 18 servings.

**No Sunflower Seed Butter:** Hazelnut butter is especially delicious here. Try cashew, peanut, or almond butter instead.

**No Oat Flour:** Blend rolled oats or quick oats to make your own.