

Dairy and Egg Free Sweet Potato Cookies



Molly loves sweet potatoes - in any form. So coming up with sweet potato cookies seemed a good idea! Add in coconut and you get a soft, cake like cookie that's full of flavour. These are vegan so dairy and egg free.

As you have to boil up the sweet potato first these cookies take a bit longer than your average biscuit - but the effort is definitely worthwhile.

Free From: Dairy, Egg, Soya

Contains: Gluten

Prep Time: 40 minutes

Cooking Time: 12 minutes

Preheat the oven to 170°C, 340°F

Ingredients

1 3/4 cups self-raising flour

1 cup mashed sweet potato

1 cup brown sugar

1/2 cup melted coconut oil (or melted dairy free margarine)

1/3 cup desiccated coconut

2 tablespoons non-dairy milk (I used Koko)

1 tbsp maple syrup

1 tsp baking powder

1 tsp baking soda

1 tsp vanilla

1 tsp coconut essence

1/2 tsp ground ginger

Method

Peel and dice up 1 large sweet potato - boil for 15 minutes until soft enough to mash up. Mash and put to one side.

Mix the flour, desiccated coconut, baking powder, baking soda, ground ginger and sugar together until fully combined. You may need to take a fork to the mixture to make sure there are no clumps of brown sugar.

Add the mashed sweet potato and stir.



Add in the vanilla, coconut essence, maple syrup and non-dairy milk.

Mix until incorporated.

You will have a quite runny dough for a cookie.



Drop spoonfuls on a greased baking dish and bake for 11-13 minutes until puffy and light brown. They should be a bit firm to the touch but with a bit of give.

Cool on a wire rack. I made about 20 cookies from this batch but some were a bit on the big side!

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