

Our State eats

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Sweet Potato Puffs

Yield: 30 puffs.

- 2 cups mashed sweet potatoes**
- 4 tablespoons dark brown sugar, divided**
- ½ teaspoon salt**
- ¼ teaspoon ground cinnamon**
- ¼ teaspoon ground nutmeg**
- 4 tablespoons self-rising flour**
- 2 tablespoons cornstarch**
- 2 large eggs, beaten and divided**
- 2 tablespoons honey**

Preheat oven to 350°. In a bowl, combine sweet potatoes, 2 tablespoons sugar, salt, cinnamon, nutmeg, flour, and cornstarch. Fold in one beaten egg until well incorporated. Form tablespoon-size balls of the mixture and place on parchment-lined baking sheet. Brush each ball with the other beaten egg. Discard extra egg. Bake for 12 to 15 minutes or until lightly puffed. Drizzle puffs with honey, sprinkle with remaining sugar, and serve immediately.



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