

SWEET POTATO PIE COOKIES

INGREDIENTS *(For 24)*

- 1 cup mashed sweet potato
- ¼ cup unsalted butter
- ¼ cup plain Greek yogurt
- ¾ cup brown sugar
- 1 egg
- 1 tsp vanilla
- 2 cups whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 tsp pumpkin pie seasoning
- 2 tbsp hemp seeds
- ½ cup dark mini chocolate chips (optional)

FACT

Sweet potatoes are a great source of potassium, fiber, and antioxidants, supporting heart and brain health!



DIRECTIONS

1. Preheat oven to 350° degrees.
2. In a large mixing bowl, mix together butter and brown sugar until smooth, then add yogurt, egg, and vanilla.
3. In a separate bowl, combine the rest of the dry ingredients.
4. Gradually add dry ingredients to the wet, until well combined.
5. Place small spoonfuls, of mixture onto a parchment-lined baking sheet and cook for 13-15 minutes, until all edges are golden brown.

COOKING TIP

With a fork, poke holes in the sweet potato and microwave for 5 minutes for fast, easy mashing.

