

Sweet Potato Apple Nut Bread

Ingredients:

1 cup sweet potato puree (1 medium sized cooked yam – mashed)
 1/2 cup unsweetened apple
 1/2 cup [Namaste Gluten Free Perfect Flour](#) Blend
 1/2 cup Almond Flour
 1/2 cup ground Pumpkin seeds
 1/4 cup chopped Walnuts
 1/4 cup chopped Pecans
 1 tsp Baking Soda
 1 tsp Ground Cinnamon
 1/2 tsp ground Ginger
 1/2 tsp ground Cloves
 1/2 tsp ground Cardamom – I like [Gathering Place](#)
 2 medium size Eggs – lightly beaten
 2 tbsp – ground Flax or Chia Seeds
 1 tsp pure Vanilla extract
 *1/2 cup Chocolate Chips – I like the ones from Enjoy Life, as they are dairy, nut and soya free.

Prep Time:

10 minutes

Cook Time:

40-50 minutes

Total Time:

60 minutes



Directions:

1. Bring a medium size pot to a boil and add the yam that has been chopped up in small cubes. This will help the yams to cook faster and evenly. Once cooked, drain water, then mash.
2. Add the ground Flax or Chia Seeds to a small glass and cover with water, around ¼ cup. Let this sit for 20 minutes.
3. Add the Apple Sauce to the mashed yams. If you would like to make the apple sauce from scratch, you will need two medium size apples.
4. Once steps 1 to 3 have been completed, add all of the remaining ingredients.
5. Place in a prepared loaf pan and bake for 40 to 50 minutes at 375 degrees. Keep an eye on the bread and check to see that it is cooking evenly. Before removing from the oven check the bread by inserting a clean butter knife. If it comes out clean with no unbaked batter then it can be removed from the oven.
6. Remove from oven and then cool. Once cooled remove from the loaf pan. Slice your bread and enjoy.