

Sweet Potato Oatmeal Cookies – Gluten and Dairy Free

These cookies are gluten and dairy free. Not to mention wheat, sorghum flour, and nut free. They are great for Thanksgiving. I use Glutinous Rice Flour, which works well for sweet rolls, etc. Plus, potato starch to give it stability. The Grapeseed oil gives a lighter taste in place of butter (dairy). You can use olive, canola or sunflower oil. This is the first time I've made these. Not sure how well they freeze but will update when I take them out. To freeze, wrap them in either parchment or wax paper then store inside a freezer bag.

Because you are using gluten free rice flour instead of wheat flour the measurements are not the same. Therefore, the best measurements are by weight. I use grams. You can buy the rice flour at any Asian supermarket.

Ingredients

2 medium size sweet potatoes cut up and cooked
190 grams Rice flour
50 grams Potato starch
130 grams Oatmeal
1 tsp baking soda (3 grams)
100 grams brown sugar
100 grams white sugar
2 tsp cinnamon
1 tsp vanilla
1 egg
1/4 cup oil
dash salt



Optional

Chocolate Chips
Raisins
1/4 tsp Nutmeg, ground cloves and ground ginger

Instructions

1. Mash sweet potatoes: Peel and chop sweet potatoes into chunks. Bring to a boil in a large pot of water, cook for about 20 minutes until fork tender. Drain water and mash potatoes, then set aside to cool a little bit.
2. In a medium bowl combine the flour, oatmeal, baking soda, salt and spices. Set aside. (I usually weigh them all in one bowl - don't forget to weigh the bowl empty first, then add the weight of each ingredient)
3. In a larger bowl, combine the oil and sugars until smooth, then add egg and vanilla. Once sweet potato has cooled off a bit (should be warm, not hot) add it to the sugar mixture.
4. Stir the flour mix into the sweet potato mix, then fold in chocolate chips or raisins.
5. Bake: Preheat oven to 350 degrees F. Scoop dough onto a greased or parchment paper-lined baking sheet. Bake for 15 minutes or until slightly crisp on the outside. Cool in the pan on a baking rack for 20 minutes before transferring to your favorite container.