

Seasonal Eating



Sweet Potato Biscuits

- 2 cups cooked, mashed sweet potatoes
- 1/2 cup butter, melted
- 1 1/4 cups milk
- 4 cups self-rising flour + more for rolling
- Pinch baking soda
- 3 tablespoons sugar

Mix together the sweet potatoes, butter and milk until well blended. Stir in the flour, baking soda and sugar. Shape into a ball and knead about 8-10 times on a well-floured board. Pat out about 3/4 inch thick and cut with a small biscuit cutter. Bake on a greased baking sheet at 400 degrees for 15-20 minutes or until browned.