

Sweet Potato Kale Balls

Vegan, gluten and refined sugar-free, soy free, nut free and low glycemic
(Makes 12)

Ingredients:

2 medium sweet potatoes, peeled and cut into ½ inch pieces
2 tablespoons canned coconut milk
1 cup finely chopped kale leaves (stems removed)
1 medium shallot, finely chopped
1 teaspoon ground cumin
1/2 teaspoon granulated garlic
1/2 teaspoon fine sea salt
Ground flaxseed, for sprinkling

DIRECTIONS

1. Preheat the oven to 400 degree's, line a baking sheet with parchment paper. Place an inch or so of water in the bottom of a medium pot fitted with a steamer basket. Add the sweet potatoes and steam until tender, about 10-15 minutes over medium heat. Transfer to a large bowl
2. Add the coconut milk and mash until smooth. Stir in the kale, shallot, cumin, granulated garlic, and salt
3. Using slightly wet hands, form the sweet potato mixture into 1 ½ - 2 inch balls
4. Place the balls on the lined baking sheet. Sprinkle lightly with ground flaxseed and bake for 20 – 25 minutes until just firm to touch
5. Cool for at least 5 minutes before severing and enjoy!