

Baked Sweet Potato Croquettes



Makes 30 croquettes, 48 cals each

3 cup Sweet Potato, *mashed, cold*
2 Tbsp Salted Butter, *melted*
2 whole Egg
1 cup Almond Meal
1 pinch Salt
Sriracha, *or hot sauce of your choice*

Preheat oven to 200°C. Incorporate melted butter and salt in your leftover mashed sweet potatoes (preferably refrigerated overnight or up to a few days).

Whisk the eggs in one bowl and place the ground almonds in another bowl.

Take 1 heaped tbsp of mashed sweet potatoes, shape into a slightly flattened ball, dive into the whisked eggs then coat on all sides with almond flour. Place on a baking sheet lined with parchment paper. Repeat for each croquette. Bake at 200°C for 25-30 minutes until the tops are crispy and the center is hot.

Serve with Sriracha Sauce or with your choice of hot sauce.