

# Sugar-Free, Millet Sweet Potato Cornbread

Prep Time	Cook Time	Total Time
10 min	18 min	28 min

Course: Bread  
Cuisine: Cornbread  
Servings: 6 slices  
Calories: 175 kcal  
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## Ingredients

- 1c millet flour (I just grind mine from the whole grain)
- 1½ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp sea salt
- 1c milk substitute (almond, coconut milk, etc)
- 1 egg
- ½c sweet potato puree
- 2 TBSP coconut oil or olive oil

## Instructions

1. Preheat the oven to 450 degrees.
2. Heat the oil in a 6 to 8-inch cast iron skillet in the oven for five minutes
3. Mix the flour, baking powder, baking soda, and salt.
4. Mix the milk substitute, sweet potato, and egg together in a separate bowl.
5. Make a well in the center of the dry mix.
6. Pour in the egg mix and stir just until moistened.
7. Pour into the hot skillet.
8. Bake 15-18 minutes or until golden.
9. Allow 5-10 minutes cooling time, as this helps the bread set and hold together.
10. Cut and enjoy!

## Recipe Notes

Fat: 7.4 g Carbs: 22.5g Sugar: 4g Protein: 5.4 g



Millet is an ancient gluten free grain from China. This member of the grass family is rich in all the building blocks of protein except the proportion of lysine which is a little lower. It is a good source of B vitamins as well as the minerals manganese, magnesium, phosphorus, copper, and zinc. It also contains phytochemicals which act as antioxidants in the body.

## Nutrition Facts

Sugar-Free, Millet Sweet Potato  
Cornbread

Amount Per Serving

**Calories 175**

\* Percent Daily Values are based on a 2000  
calorie diet.