GEMMA BES
A healthy and delicious recipe

Ingredients

600 g boiled sweet potato
14 Medjool dates
80 g ground almonds
100 g buckwheat or rice flour
4 T cocoa powder
3 T gave syrup, a pinch of salt
1 T powdered yeast
vainilla
chocolate icing to frost the cake after it has cooled

Directions

1. Mash the sweet potato with the dates until you get a smooth, creamy mixture.

2. Blend the other ingredients in a bowl, add the sweet potato mixture and stir.

3. Place the entire mixture in a baking tray lined with parchment paper and bake at 180ºC for around 30 minutes.

4. Let cool and serve frosted with the chocolate icing