

Mbatata

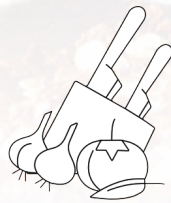
(Sweet Potato Cookies)

Prep Time: 15 minutes

Cook Time: 45 minutes

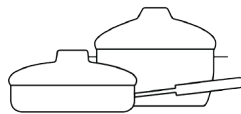
Servings: 35 cookies

Fun Fact: Malawi is called the “warm heart of Africa” because of Malawians’ hospitable and friendly nature.



Ingredients

2 sweet potatoes	2 teaspoons of baking powder
1/4 cup of milk	2 tablespoons of sugar
4 tablespoons of melted butter	1/2 teaspoon of salt
1 1/4 cups of sifted flour	1/4 teaspoon of cinnamon



Directions

1. Peel sweet potatoes and cut into pieces.
2. Cook potatoes in salted boiling water until soft (about 30 minutes).
3. Drain potatoes before mashing with a fork.
4. Preheat oven to 375°F.
5. Combine 3/4 cup of mashed sweet potatoes, milk, and melted butter. Beat well.
6. Sift flour, baking powder, sugar, salt, and cinnamon in a mixing bowl.
7. Add potato mixture and mix well.
8. Pour dough onto a floured surface. Knead with a rolling pin to a thickness of 1/2 inch.
9. Cut dough with a cookie cutter.
10. Place cookies on a lightly greased baking sheet or a sheet lined with parchment paper.
11. Bake for 15 minutes or until cookies are light brown.
12. Remove and place on rack to cool.
13. Sprinkle additional cinnamon and sugar on warm cookies.