Introduction

Flour is ubiquitous in Caribbean cooking. Over the years though, the increased availability and accessibility of wheat flour has replaced traditional flours in many Caribbean dishes. Today, a growing food import bill, burgeoning health problems and a renewed focus on eating local are offering tremendous opportunities for the increased utilization of tropical flours in Caribbean cooking.

To promote the replacement of wheat flour and increased utilization tropical flours, the Caribbean Agricultural Research and Development Institute (CARDI) together with the Food and Agriculture Organisation of the United Nations (FAO) produced this recipe book – Cooking with Tropical Flours. It is a collection of 20 recipes where tropical flours made from cassava, plantain, sweet potato and breadfruit are the main ingredient.

The recipes are an eclectic blend of traditional dishes and international cuisine – all with that unique Caribbean flair and flavour.

The book showcases the versatility and dynamism of tropical flours and highlights how these humble ingredients can be transformed into delightful, tasty and healthy offerings.

There are untapped opportunities for many tropical staples. Increasing the utilization of tropical flours not only presents families with healthier, more wholesome, inexpensive meal choices it also creates opportunities and strengthens the local supply chains. Employment across the value chain is increased, food and nutrition security strengthened and environmental stewardship promoted.

We hope this recipe book inspires you to try some or all of these recipes and encourages you to utilize more tropical flours in your cooking.

Acknowledgements

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**APPETIZERS / BREAKFAST**

**MAIN COURSES**

**DESSERTS**
Sweet Potato Porridge
Sweet Potato Porridge

Recipe Courtesy, Grenada Food and Nutrition Council

Ingredients

- ¼ cup sweet potato flour
- 1¼ cups water (room temperature)
- 1 tbsp. powdered milk or formula

Method

1. Stir flour into water, over medium heat. Continue stirring until mixture thickens, about 3-5 minutes.
2. Stir in formula or milk.

Variation:

4. For a thicker consistency use, 1 cup water.
5. For 12 months or older, stir in ¼ tsp. each nutmeg and cinnamon with flour and water.

Tip:
Sweet potato porridge is an ideal complementary food for infants, 6 months and older.

ENJOY!!
Tropical Sweet Potato Banana Pancake

Recipe Courtesy, Flavours of Grenada

Ingredients

1 cup sweet potato flour  
½ tsp. baking soda  
1 banana (ripe)  
1 ½ cups water  
1 tsp. vanilla  
1 tbsp. cinnamon  
¼ tsp. baking powder

Gluten free and Vegan

Method

1. Mix flour with baking soda.  
2. Mash banana and mix with remainder of ingredients.  
3. Heat cast iron pan on medium and use ladle to pour small, round pancakes.  
4. Try to keep them no larger than the width of your spatula so you can easily flip them.  
5. Wait for bubbles to fully form and flip only once you’ve scraped under with spatula.  
6. Serve with sliced banana and warm nutmeg syrup.

ENJOY!!
Sweet Potato Bread
**Ingredients**

- 2½ cups white flour
- ¼ cup sweet potato flour
- 3 tbsp. sugar
- 2 tbsp. salt
- 2 tbsp. instant yeast
- ¾ cup hot milk
- 2 tbsp. margarine or vegetable oil
- ¾ cup warm water

**Method**

1. Place all dry ingredients (flour, yeast, salt and sugar) in a bowl and stir until uniformly mixed.

2. Add margarine or oil, milk and water while stirring until fully combined.

3. Knead the mixture until a smooth consistency is obtained (approximately 5 minutes).

4. Form the dough into the desired shape and size and place into a lightly oiled baking pan.

5. Brush the surface of the dough with vegetable oil, cover and allow to proof for 40 minutes or until doubled in size at room temperature.

6. Bake in an oven at 205°C/401°F for 40 minutes, remove promptly and place on metal rack to cool.

**Sweet Potato Bread**

Recipe Courtesy, Dr. Lynda Wickham

ENJOY!!
Sweet Potato Samosa

RecipeCourtesy, Dr. Lynda Wickham

Ingredients

- 200g of all-purpose wheat flour
- 50g of sweet potato flour
- 1 tsp salt
- 1 cup of water
- ¼ cup of vegetable oil
- Oil for frying

Method

1. Mix all ingredients.
2. Place dough in plastic wrap and allow to sit for 30 minutes.
3. Remove dough from plastic wrap.
4. Roll dough, cut in half circle, fold, insert selected filling and seal.
5. Fry in hot oil until golden brown in colour.
6. Remove promptly and place on absorbent paper towels to drain excess oil.

Samosas can be stuffed with a variety of savoury and spicy fillings. You can go vegetarian with spicy potatoes, soya or a vegetable medley. Meat options include beef and chicken.

ENJOY!!
Sweet Potato Bake / Flat Bread
Sweet Potato Bake / Flat Bread

Recipe Courtesy, Dr. Lynda Wickham

Method

1. Place all dry ingredients (flour, yeast, salt and sugar) in a bowl and stir until uniformly mixed.
2. Add vegetable oil and water while stirring until fully combined.
3. Knead the mixture until the entire mass is moistened (approximately 5 minutes).
4. Cover and let stand for 20 minutes.
5. Knead dough for 5 minutes or until smooth.
6. Form the dough into the desired shape and size and place on a lightly oiled baking sheet.
7. Brush the surface of the dough with vegetable oil, cover and let stand for a further 20 minutes at room temperature.
8. Bake in an oven at 205°C/401°F for 40 minutes, remove promptly and place on wire rack to cool.

This typical breakfast dish pairs well with saltfish souse - saltfish fried with tomato, onion and herbs. Other sides include cheese, jam, fish or meat.

ENJOY!!
Breadfruit Crixies
Breadfruit Crixies

Recipe Courtesy, Grenada Food and Nutrition Council

Ingredients

- 5 oz. breadfruit flour (1¾ cups)
- 2 oz. butter
- 2 tsps. baking powder
- 1 tbsp. sugar
- ¼ tsp. salt
- ¼ tsp. each cumin & turmeric
- ½ cup minced garlic
- ¾ cup coconut milk

Method

1. Combine dry ingredients.
2. Rub in fat and form into a dough using coconut milk.
3. Roll out on a lightly greased surface.
4. Cut into desired shapes.
5. Bake at 350°F for 30 – 35 minutes.
6. If dough is thick, bake a few minutes longer.

Tip
If you’re not a lover of garlic, use ¼ cup minced garlic instead of 3/4 cup.

ENJOY!!
Breadfruit Cheese Biscuit
**Breadfruit Cheese Biscuit**

Recipe Courtesy, Grenada Food and Nutrition Council

**Ingredients**
- 4 oz. (white cheddar) grated cheese
- 3 oz. margarine
- 1 large egg yolk
- ½ tsp. salt and pepper
- ¼ tsp. mustard
- 1 cup breadfruit flour

**Method**

1. Cream margarine and cheese.
2. Add egg yolk and mustard and beat until smooth.
3. Sift dry ingredients and fold into cheese mixture.
4. Using finger tips, pull mixture together to form a smooth not too firm ball.
5. Roll out dough ¼ inch thick on a lightly floured board using short sharp strokes.
6. Cut using a cookie cutter.
7. Place on a floured baking sheet and bake at 350°F for 15 minutes or until golden brown.

ENJOY!!
Sweet Potato & Breadfruit Ravioli
Sweet Potato & Breadfruit Ravioli

Recipe Courtesy, Flavours of Grenada

Method

Pumpkin or Callaloo filing
1. Melt almond butter in a medium sauce pan, add the shallots and bay leaves sauté on medium heat for 5 minutes until shallots start to brown and soften.
2. Add the pumpkin or callaloo, nutritional yeast, coconut milk, thyme, sage, nutmeg and salt and pepper to taste.
3. Stir completely, reduce the heat to low and cook until pumpkin/callaloo are tender stirring occasionally for about 20 minutes.
4. Remove from heat take out the bay leaves and mash or stir well, until smooth.
5. Stir in the arrowroot and set aside to cool.

Pasta Dough
6. Combine sweet potato flour, semolina flour, breadfruit water and oil in a large bowl.
7. Knead well in a large bowl and then turn onto a floured surface and knead until the dough is elastic but slightly tacky. If it’s too wet add some flour. If too dry, add some water.
8. Divide the dough in 1/2 and wrap each piece with plastic wrap – let chill for about 2 hours.

Make the Ravioli
9. Dust the work surface with semolina flour, divide each piece in 4 (Total of 8 pieces).
10. Work with 1 piece at a time and roll out into 6X8 inch rectangle. Stretch the dough by putting pressure with the rolling pin and turning the dough often.
11. Use a pizza cutter or sharp knife to square up the edges to form a rectangle.
12. To assemble the ravioli: – Spoon 1 teaspoon of cooled pumpkin or callaloo filling along ½ of the rectangle leaving 1 inch between the mounds of filling – Each will make 4 ravioli.
13. Use a pizza cutter or sharp knife to cut the pasta between the clumps of filling, fold in ½ and seal around the mounds. Dipping your fingers press and seal the pasta
14. Line cookie sheet with parchment paper, cover with dry clean kitchen towel and put in fridge while others are being assembled.

Cook the Ravioli
15. Bring water to a boil add sea salt.
16. Carefully add ravioli to the water and cook until they float to the top about 3– 4 minutes.
17. Remove with a slotted spoon and place in a pasta bowl, bouli or plate - Serve with Coconut turmeric sauce.
Breadfruit Pizza Crust
Breadfruit Pizza Crust

Recipe Courtesy, Flavours of Grenada

Method

1. Preheat oven to 350° F.
2. Mix water, sugar, and yeast and let sit for 5 minutes, or until it looks foamy.
3. In an electric mixer bowl, mix flour and salt.
4. Add in egg, olive oil, vinegar, and yeast mixture.
5. Mix on low speed for 1 minute.
6. Using an oiled spatula, transfer the pizza dough onto piece of parchment paper.
7. Using oiled hands, spread dough into a 10-12 inch round dough for pizza crust.
8. Bake for 8 -10 minutes.

Herbed Pesto
1. Pulse garlic, nuts, herbs, oil and parmesan in a food processor until finely chopped.
2. Season with salt and pepper.

For Hot topping:
Add toppings and bake for an additional 8-10 minutes.

For Cold topping:
Bake until pie crust is fully cooked. Cool and apply topping and serve.

ENJOY!!
Sweet Potato Beer Battered Fish and Breadfruit Chips
Sweet Potato Beer Battered Fish and Breadfruit Chips

Recipe Courtesy, Flavours of Grenada

Method

Beer Battered Fish
1. Heat oil in a deep fryer to 365°F.
2. Rinse fish and pat dry, season with salt and pepper (to taste).
3. Combine flour, garlic powder, paprika, salt, corn starch and pepper.
4. Stir egg into dry ingredients.
5. Gradually mix in beer until perfect dipping consistency is formed. You should be able to see the fish through the batter after it has been dipped.
6. Dip fish fillet into the batter, then drop one at a time into hot oil.
7. Fry fish, turning once, until both sides are golden brown.
8. Drain on paper towels, and serve warm.

Breadfruit chips
9. Deep fry prepared breadfruit slices on medium heat approx. 300°F, until lightly golden brown.
10. Lightly sprinkle salt over chips and serve hot with fish.

Ingredients

Beer Battered Fish
8 Mahi Mahi/Snapper
4 oz. (slices/fillets)
salt and pepper
1 cup sweet potato flour
2 tbsps. garlic powder
2 tbsps. paprika
2 tbsps. salt
2 tbsps. black pepper
1 egg
1 beer
¼ cup cornstarch
½ cup water

Breadfruit Chips
breadfruit peeled and sliced ½ cm thick
Sweet Potato & Bean Cottage Pie
Sweet Potato & Bean Cottage Pie

Recipe Courtesy, Flavours of Grenada

Method

1. Preheat oven to 375 °F.
2. Season meat with the herb seasoning.
3. Heat oil in a saute pan. Add garlic and onions, saute until soft, add beef and brown thoroughly.
4. Add chili, cumin, allspice and season with salt and freshly ground pepper.
5. Add the tomatoes and beans combine and cover.
6. Simmer for about 20 minutes add cilantro or shadow beni and remove from the heat.
7. Combine all the dry ingredients in a large mixing bowl.
8. Beat the egg with milk and add the melted butter.
9. Add to the dry ingredients and stir in the cheese and cilantro or shadow beni.
10. Stir well. The batter may be a little soft but will soon firm up as the corn meal tends to absorb a lot of liquid. If the batter seems too dry, add more milk. The consistency should be like muffin batter.
11. Grease a medium size casserole dish and spread some batter onto the bottom.
12. Spoon the beef mixture onto this dish, then top remaining cornmeal/sweet potato batter.
13. Bake for 30 minutes until it rises and golden.

Ingredients

Sweet Potato & Bean Cottage Pie

Recipe Courtesy, Flavours of Grenada

Method

1. Preheat oven to 375 °F.
2. Season meat with the herb seasoning.
3. Heat oil in a saute pan. Add garlic and onions, saute until soft, add beef and brown thoroughly.
4. Add chili, cumin, allspice and season with salt and freshly ground pepper.
5. Add the tomatoes and beans combine and cover.
6. Simmer for about 20 minutes add cilantro or shadow beni and remove from the heat.
7. Combine all the dry ingredients in a large mixing bowl.
8. Beat the egg with milk and add the melted butter.
9. Add to the dry ingredients and stir in the cheese and cilantro or shadow beni.
10. Stir well. The batter may be a little soft but will soon firm up as the corn meal tends to absorb a lot of liquid. If the batter seems too dry, add more milk. The consistency should be like muffin batter.
11. Grease a medium size casserole dish and spread some batter onto the bottom.
12. Spoon the beef mixture onto this dish, then top remaining cornmeal/sweet potato batter.
13. Bake for 30 minutes until it rises and golden.

Ingredients

2 lbs lean ground beef
2 tbsp. herb seasoning
2 tbsp. vegetable oil
6 garlic cloves (minced)
3 tbsp. chili powder
1 tsp. ground cumin (geera)
¼ tsp. allspice
28 oz. whole canned tomatoes- finely chopped
15 oz. black beans or red beans
shadow beni or cilantro
2 large onions (chopped)

For the Topping
1 cup sweet potato flour
1 cup corn meal
1 ½ tbsp. sugar
2 tsp. baking powder
1 tsp. ground cumin-geera
½ tsp. salt
1 egg
1 ½ cups coconut milk
4 tbsp. melted butter
4 oz shredded cheddar cheese
¼ cup chopped cilantro or shadow beni
Sweet Potato Taco Shells

Recipe Courtesy, Flavours of Grenada

Method

Sweet Potato Taco Shells
1. In large bowl, combine flour and salt.
2. Stir in water and oil.
3. Place dough onto a floured surface; knead, adding a little flour or water if needed to achieve a smooth dough. Let rest for 10 minutes.
4. Divide dough into 8 portions. On a lightly floured surface, roll each portion into a 7-inch circle.
5. Heat and grease cast-iron or heavy skillet.
6. When the pan is hot, place one rolled dough circle into the pan and allow to cook for 45 seconds to 1 minute or until the bottom surface has a few pale brown spots. If browning too fast, reduce the heat.
7. Flip over the dough on the other side and cook for 10-15 seconds.
8. Remove taco from heat and place on prepared surface/plate. The taco skin should be nice and soft but have a few small brown spots on the surface. Serve warm.

Spiced Seared Fish
1. Preheat oven to 350° F.
2. Combine all dry ingredients in a bowl.
3. Stir in lime juice and olive oil and mix well.
4. Marinade fish for 10-20 mins.
5. In large sauté pan drizzled with olive oil, sear marinated mahi mahi 2 minutes on both sides.
6. Place the fish in the oven, up to 10-15 mins so that fish cooks thoroughly (do not overcook).
7. Take the sauce pan out of the oven and allow the fish to rest. Approximately 5 mins.
8. Slice fish in 4 even pieces and serve.

Sweet Pepper Relish
1. Combine all ingredients in a bowl.
2. Mix well.
3. Serve with pan seared fish.

ENJOY!!
Spiced Sweet Potato & Pumpkin Chicken and Waffles
Spiced Sweet Potato & Pumpkin Chicken and Waffles

Recipe Courtesy, Flavours of Grenada

Method

1. Mix flour with baking soda, baking powder, spice and salt.
2. Mix together the wet ingredients and add to the dry ingredients.
3. Pour ¼ cup waffle mix into heated waffle iron. Cook through.

Double Battered Deep Fried Chicken

4. In one medium bowl, mix together 3 cups of flour, garlic salt, 1 tablespoon black pepper, paprika and poultry seasoning.
5. In a separate bowl, stir together 1½ cups flour, salt, ¾ teaspoon pepper, egg yolks, cornstarch and beer/water.
6. You may need additional beer/water if the batter is too thick.
7. Heat the oil in a deep-fryer to 350 °F (175 °C).
8. Moisten each piece of chicken with a little water, then dip in the dry mix. Shake off excess and dip in the wet mix, then dip in the dry mix once more.
9. Carefully place the chicken pieces in the hot oil.
10. Fry for 15 to 18 minutes, or until golden brown.
Smaller pieces will not take as long. Large pieces may take longer.
12. Remove and drain on paper towels before serving.
13. Serve with nutmeg syrup or your desired syrup.
Fried Breadfruit Dumplings with Fish
Fried Breadfruit Dumplings with Fish

Recipe Courtesy, Grenada Food and Nutrition Council

Ingredients
1 cup breadfruit flour
2 cups hot water
1 tsp. each finely chopped thyme leaves seasonings
1/2 tsp. grated garlic
1/4 tsp. salt
1/4 - 1/2 cup oil for frying

Method
1. Stir flour into hot water and mix well.
2. Add other ingredients except oil.
3. Heat oil in a frying pan, over medium to high heat.
4. Drop mixture by spoonfuls into hot oil.
5. Fry until golden brown on both sides.
6. Drain on absorbent paper.
7. Serve hot.
Lobster Salad with Sweet Potato Rolls
Lobster Salad

Method

Lobster Salad
1. Place the lobster meat, mayonnaise, lemon juice, celery, chives, salt and pepper in a bowl, combine gently.
2. Serve immediately, or chill for up to 4 hours.
3. Garnish with additional chives before serving.

Sweet Potato Rolls
4. Prick the sweet potato all over and place in the microwave for at least 4 minutes or until tender. Cut in half and let cool.
5. Scoop out flesh and place in a blender or food processor. Blend until no lumps are remaining.
6. You would have 230 grams of flesh remaining.
7. Combine eggs, milk, honey, butter, yeast and sweet potato purée in a stand mixer.
8. Add salt and 2 cups of flour and stir with wooden spoon until the dough forms a rough shaggy mass.
9. Attach the dough hook to the mixer, turn to medium-low speed and gradually add the remaining flour kneading as a mass of dough forms.

10. Continue kneading in medium high speed for 4-5 minutes until a soft smooth dough is formed. It should feel elastic and tacky to the touch.
11. If the dough is too sticky, add flour gradually 1 tablespoon at a time.
12. Place into a bowl and cover with plastic wrap, let it sit at room temperature to rise to double its size. Approximately 45 mins to 1 hour.

To prepare the rolls
13. Pre heat oven to 375 °F.
14. Prepare a 13 x 9 baking pan with greased proof lining or with non-stick spray.
15. Gently deflate the dough use a pizza cutter to divide the dough.
16. Use a pizza cutter to divide the dough into 15 pieces. Shape each piece into a ball and place in the pan.
17. Beat the egg with 1 tablespoon of water and brush each ball with egg wash and sprinkle with coarse salt. Cover and let sit for 30 minutes until double in size.

ENJOY!!
Coconut Sweet Bread
Coconut Sweet Bread

Recipe Courtesy, Dr. Lynda Wickham

Ingredients
2 cups wheat flour
1 cup sweet potato flour
3 tsps. baking powder
½ cup vegetable oil
2 ½ cups grated coconut
1 cup sugar
1 cup raisins
½ cup chopped cherries
½ cup mixed peel
1 tsp. mixed spice
¼ cup milk or water
1 egg beaten
1 tsp. vanilla essence
½ cup currants (optional)

Method
1. Sift together flour and baking powder.
2. Add vegetable oil, grated coconut, sugar, raisins, cherries, mixed peel and spice, mix thoroughly.
3. Combine milk, egg and vanilla.
4. Add liquid to dry ingredients and mix until all the liquid is incorporated. Do not knead.
5. Pour into oiled pans.
6. Bake in a preheated oven at 325° F for 50-60 minutes or until tester comes out clean.
7. Remove from oven and glaze with 1 tbsp. sugar and 1 tbsp. water
8. Return to the hot oven for 3-4 minutes.

ENJOY!!
Sweet Potato Fruit Cake
**Sweet Potato Fruit Cake**

Recipe Courtesy, Grenada Food and Nutrition Council

### Ingredients

- 6 oz brown sugar
- 8 oz butter or margarine
- 4 eggs
- 2 cups sweet potato flour
- 1 ½ cups all-purpose flour
- 1 tbsp. baking powder
- ½ cup rum or wine
- 2 cups minced dried fruits (currants, raisins etc.)
- 1 tsp. mixed spice
- Browning as desired

### Method

1. Cream sugar and butter.
2. Add eggs one at a time, beating well after each addition.
3. Add browning and fruits.
4. Sieve dry ingredients together and fold into the creamed mixture alternating with wine.
5. Put into greased floured tins and bake at 400 °F until done.

ENJOY!!
Sweet Potato Deep Fried Ice Cream
**Sweet Potato Deep Fried Ice Cream**

Recipe Courtesy, Flavours of Grenada

**Method**

1. Make 6 scoops of ice cream. Place on a pan or baking sheet lined with waxed paper and freeze for at least one hour.
2. Meanwhile, in a shallow bowl roll ice cream balls in sweet potato flour.
3. Keep refrigerated to avoid melting.
4. Stir together crushed corn flakes, cinnamon and nutmeg. Set aside.
5. In another shallow bowl, beat egg whites and milk together, set aside.
6. Remove ice cream from the freezer and coat with the egg mixture.
7. Roll and press the cornflake mixture around the ice cream. Like packing a snowball.
8. To get a thicker crust repeat steps 6 and 7.
9. Return to the freezer for at least one hour or until the ice cream is very hard.
10. Deep fry the ice cream balls and server with whipped cream and strawberries.

**Ingredients**

- 1 qt ice cream
- 1½ cups sweet potato flour
- 3 cups crushed corn flakes
- 1 tbsp. cinnamon
- 1 tsp. nutmeg
- 2 egg whites
- 1 cup milk
- 1 qt oil for deep frying
- 4 cups whipped cream
- 6 fresh strawberry slices
Sweet Potato Muffins
**Sweet Potato Muffins**

Recipe Courtesy, Grenada Food and Nutrition Council

**Ingredients**

- 1 cup all-purpose flour
- 1 cup sweet potato flour
- ½ tsp. salt
- ¼ cup sugar
- 2 tsps. baking powder
- 1 egg beaten
- 3 tbsps. melted margarine
- 2 cups milk
- ½ tsp. cinnamon
- Pinch of nutmeg
- 1 tsp. vanilla essence (optional)

**Method**

1. Sift dry ingredients together.
2. Combine liquid ingredients.
3. Mix dry and liquid ingredients together in a few strokes or for 10 – 20 seconds.
4. Fill greased muffin tins ¾ full and bake at 400°F for 20 – 25 minutes
Sweet Potato Ginger Crisps

Recipe Courtesy, Grenada Food and Nutrition Council

Ingredients

- 1 ½ cups sweet potato flour
- 2 tsps. baking powder
- 4 oz. butter
- ½ cup brown sugar
- 1 tbsp. ground ginger
- 1 egg

Method

1. Cream butter and sugar until fluffy.
2. Beat in egg.
3. Combine dry ingredients and fold into creamed mixture.
4. Using a spoon or cookie press, drop onto a greased baking sheet.
5. Bake in at 350° F for 15 – 20 minutes.
6. Remove from sheet while still hot and allow to cool.
7. Store in an airtight container.

ENJOY!!