
Sweet Potato Carob Cake

Ingredients

1 1/2 cups of peeled cooked jam pumpkin or sweet potato
1/2 cup coconut flour
1 cup cooked lima beans
1 cup roasted carob powder
1/2 tsp Himalayan salt
4 organic eggs
1/2 cup melted coconut oil or butter or ghee
1 dropper of stevia liquid (e.g. Sweet Leaf English Toffee or Vanilla) OR
2 Tbs honey or

Method

Heat the oven to 170 °C fan forced
Grease a paper lined baking dish or cake tin
In a good food processor, blend the cooled cooked pumpkin and/ or sweet potato and beans with the eggs, sweetener and melted oil or butter
Add the dry ingredients and blend until smooth
Spoon the mixture into the cake tin and bake 40 minutes or until just firm to touch in the centre.
When slightly cooled lift the cake onto a wire rack to cool completely.
Serve with double cream or coconut custard