

## Sweet Potato Balls



### MAKES ABOUT 24 BALLS

1½ cups pureed sweet potato  
1½ tablespoons maple sugar  
½ teaspoon baking powder  
½ teaspoon ground cinnamon  
½ cup glutinous rice flour  
½ cup brown rice flour  
Salt, to taste  
1 cup coconut oil

In a land of fruit and nut bars, having a savory snack to eat on the trail is exciting. These balls have a unique flavor and texture compared to a typical trail snack—they taste like a “real food” item. They are crispiest immediately after frying, so these are perfect for a day hike. Cook off a batch in the morning and go!

**TIP:** You can find glutinous rice flour at Asian markets or in the aisles of upscale natural food stores. If you can’t find glutinous rice flour, you can substitute regular rice flour, but the balls will lack the chewy texture we prefer. You can use canned sweet potatoes or leftover baked sweet potatoes.

In a large bowl, place the sweet potato, maple sugar, baking powder, and cinnamon. Using an electric hand mixer, blend on medium speed until combined. Slowly mix in the flours, a few spoonfuls at a time, until the batter is well blended. Mix in salt to taste. Place the bowl in the freezer for 30 to 40 minutes to stiffen the batter and make it easier to work with.

Remove the bowl from the freezer and, using an ice cream scoop or large soup spoon, scoop the mixture into 1-inch balls and set aside.

In a small saucepan, set the coconut oil over medium-high heat and heat until hot. To test if the oil is ready for frying, dip the handle end of a wooden spoon into the oil—when it is ready for frying, it will bubble around the handle. If it does not bubble, let it warm a bit longer and try again. Cook the balls, a few at a time, until browned, 4 to 6 minutes.

Using a slotted spoon, remove the cooked balls from the oil and drain on a layer of paper towels. Once cooled, these can be stored in a small waxed paper bag. If you’ll be storing them for longer than a few hours, wrap them in plastic and refrigerate them; they will keep for up to 3 days. Use a toaster oven or broiler to reheat them and crisp them up.

**NUTRITION FACTS (PER 4-BALL SERVING)** Calories: 123, Calories from fat: 20, Total fat: 2 g, Saturated fat: 2 g, Cholesterol: 0 mg, Sodium: 83 mg, Potassium: 199 mg, Total carbohydrates: 24 g, Fiber: 2 g, Sugar: 7 g, Protein: 2 g