

# Spelt, Sweet potato, Omega Triangles

These little snacks are especially for little hands. They are only sweetened with dried apricots, which are a good source of iron. As well, they are packed with omega 3s from the flaxseeds and chia seeds.



Prep time  
1 hour

Cook time  
21 min

## Ingredients

2 medium size sweet potatoes  
(1 ½ cup cooked)  
2/3 cup oats  
½ cup flaxseeds  
12 dried apricots, chopped  
½ cup coconut oil  
2 Tbsp almond butter  
1 1/3 cup spelt flour  
½ cup dried coconut flakes  
2.5 Tbsp chia seeds  
2 tsp cinnamon  
1 tsp baking powder

Makes 64 cookies

## Directions

Note: This step of preparing the potatoes can be carried out the night before. Then put the potatoes in the refrigerator until the next day.

1. Preheat the oven to 200°C/390°F Peel the sweet potatoes and cut into chunks. Place in a glass-baking dish with a dash of water, cover and bake for 30 minutes, until the potatoes are soft.
2. Mash the potatoes and set aside.
3. In a small saucepan, over medium heat combine the coconut oil and almond butter. Heat for 5 minutes, until melted.
4. Meanwhile, put the oats, flaxseeds and apricots in the blender. Blend on high until you are left with a fine meal. Don't over mix or everything will become stuck into a ball.
5. In a bowl mix the oat, flaxseed, apricot meal along with the flour, coconut flakes, chia seeds, cinnamon and baking powder.
6. Mix the mashed sweet potato with coconut oil/almond butter mixture.
7. Add into the bowl with the flour and mix by hand until well blended.
8. Now the cookies are ready to be made into forms for baking. I use a 4 inch/10.5cm round ring, the type used for making patties and such, that the dough pressed into. For this method, divide the dough into 8 pieces weighing roughly 125 grams.
9. Evenly press the dough into the ring.
10. Remove the ring and cut across the circle 4 times to form 8 triangles.
11. This technique will yield 64 cookies.
12. If you do not have a metal ring on hand, no worries, you can lay the dough out on baking paper and cut it into bars. The cookies might to stick to the paper, so it is best then to turn them out directly onto a cookie pan lined with baking paper.
13. Bake at 175°C/350°F for 21 minutes.

## Food Facts

We want nothing but the best for our children that is why, with the help from my son that I came up with this recipe. He can have something that looks like a cookie but I know he is really filling up on wholesome nutrients and not sugar and empty calories. The sweet potatoes give him vitamin A, calcium, folate and potassium. Spelt flour, though in the wheat family offers a broader spectrum of nutrients such as manganese and protein. The oats give fiber, the flax and chia seeds omega 3's. The almond contributes vitamin E, B vitamins and iron. The apricots give him the sweet taste he loves and the iron he needs. The coconut oil gives its lauric acid, caprylic acid and capric acid to help support his immune system.