THE LIGHTER PLATE METHOD

Sweet Potato Breakfast Rolls

Soft little rolls made almost entirely from mashed sweet potato and oats — good plain or stuffed.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**25 min**	**40 min**	**10**	**EASY**

Ingredients

- 1 small sweet potato (cooked and mashed (about 1 cup))
- 120 g oat flour
- 1 tbsp olive oil
- 1 egg
- 1 tsp dried oregano
- 1 tsp sea salt

Method

1. Heat the oven to 180°C (fan 160°C) and line a baking tray.
2. Mix the mashed sweet potato, oat flour, olive oil, egg and salt together to a soft dough.
3. Roll into 10 small balls and flatten slightly on the tray.
4. Brush with a little beaten egg yolk and scatter with oregano.
5. Bake for 20–25 minutes, until golden.

Tips & swaps

- Split and fill with shredded chicken or cooked vegetables once cooled for a more substantial snack.

Storage & reheating

Keeps in an airtight container for 3 days.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
90	**3g**	**14g**	**2g**	**2g**

Estimated values, for guidance only. Contains: Egg, Oats (gluten).