

Bacon & Sweet Potato Baked Hush Puppies

Yield: 7 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-hush-puppies-recipe-gluten-free>

Ingredients:

- 2/3 cup cornmeal
- 1/3 cup oat flour
- 1 1/4 teaspoons baking powder
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 pinch cayenne optional
- 1/4 cup diced onion finely
- 1/4 cup almond milk or milk of choice
- 2 eggs beaten
- 1/2 cup sweet potato purée
- 2 tablespoons melted butter Tbsp, or coconut oil
- 3 strips bacon cooked & crumbled
- 2 tablespoons powdered sugar Tbsp, for topping
- 1/2 cup Dijon mustard
- 2 tablespoons maple syrup Tbsp

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 500 milligrams
9. Sugar: 7 grams

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