**Sweet Potato Rock Cakes**

Serves: 12-20

The sweet potato makes these moist and naturally sweet – as well as good for you – as it includes sweet potato, olive oil, blueberries, dried fruit and nuts. The only villain is the sugar, which you can reduce or even leave out if you're used to a low sugar diet – it's used for sweetening in this recipe, not texture, and the fruit and sweet potato will add natural sweetness. It's also healthier made with whole wheat instead of white flour.

*You’ll need:*

* 125ml olive oil
* 1 cup caster sugar (plus 2 tbsp extra)
* 1 cup self-raising flour
* 1 cup mashed sweet potato, peeled then boiled, microwaved or baked
* 1 cup fresh or frozen blueberries OR currants
* 1 cup macadamia nuts or other nuts (optional but good for you)
* 1 cup sultanas or 1 cup chopped dates

Possibly needed: 1 egg, or a little water, low-fat milk, yoghurt or cream or sour cream

*Method:*

Preheat oven to 200°C.

Mix everything except the extra sugar and the 'possibly needed' liquid.

The mixture should be moist enough to drop down from the spoon in big glops. If it's too dry to glop, add the egg or a drizzle of liquid till it glops properly. (Some blueberries, sweet potato mash and some flours are moister than others. If yours are very dry then some extra liquid may be needed. But you probably won't need it.)

Grease a baking tray or line with baking paper.

Take a tablespoon and put heaped spoonfuls (about 1 glop) of the mixture a little way apart on the tray.

Sprinkle each 'cake' with a little of the extra sugar.

Bake for 10-15 minutes or till firm to touch or a skewer comes out dry.

Take out of the oven, cool, then place in a sealed container.

They are best eaten the same day, but still great for the next three or four days. If you've used blueberries the rock cakes may start to grow whiskers of mould or go bad after this time. If you have used currants they'll last longer.