

# PANELLETS



Preparation time: 110

Cooking time: 110

## Preparation

1.- Roast the sweet potato in the oven at maximum temperature until it is completely tender, remove the skin, mash it with a fork and leave it to cool.

2.- Next, mix it with the almond flour, sugar and eggs. Mix until all the ingredients are combined. Leave to rest in the fridge for 30 minutes.

3.- At this point, separate the mixture into different portions to prepare the panellets in different flavours. Citrus panellets: add grated lemon and orange zest.

Pine nut panellets: roll the mixture in batter until the ball is completely covered, pressing it well and brushing it with egg yolk to make it toasted once it is baked.

Coconut panellets: roll the balls in grated coconut and make a hole in the centre with your fingertip, which you can fill with "figat" (fig) jam.

Coffee panellets: add coffee powder to the mixture, according to taste.

Cocoa panellets: add cocoa to the mixture, to taste, coat with icing sugar and make a hole in the centre with your fingertip and put a raspberry in it to give it freshness.

4. Bake the panellets at a temperature of 190 degrees for approximately 15 minutes. Leave to cool before eating.

Ingredients used in this recipe: 500g almond flour, 300g sugar, 2 eggs + 1 yolk, 300g sweet potato, cocoa powder to taste, instant coffee, one lemon and one orange peel, raspberries, icing sugar and pine nuts.