# Glimpse into sweet potato slice

Last night for dinner, I made the most super easy, healthy slice. A friend actually told me about this slice, and with a few tweaks and by keeping in mind your own tolerance levels, most people with fructose malabsorption should be able to have this!:

Steam one sweet potato and purée it in the food processor.

Mix in the meat of one crab (purée it slightly into the sweet potato).

Stir in one cup of cooked quinoa, a small handful of fresh dill, and a small handful of fresh chives.

I added enough egg substitute for one egg, but mix in one egg if you can eat it!

Stir in at least 2 tablespoons of almond meal but keep adding til you have a nice sticky paste.

Put the mix into a slice or loaf pan. Sprinkle with pumpkin seeds and/or sunflower seeds.

I cooked it on 180 degrees for about 40 minutes til it was firm, and brown on the top.

Serve with whatever takes your fancy! Salads, roast veggies etc.

I would like to try it with chicken instead of crab too. Leftover roast chicken meat would be great! You could even exclude any type of meat and just have a delicious sweet potato slice to go with lamb chops or the like! Yum yum!

*Keep in mind how much sweet potato and almond meal you can

tolerate. I can eat quite a large amount of sweet potato, but not all people with fructose malabsorption can. Chives are ok for fruct mals, but if any type of onion makes you nervous, feel free to leave out, or add the green part of leeks if that makes you happier. The seeds added a delicious crunch to the top, but again, leave off if you are sensitive to seeds!