



# TRINI CASSAVA PONE

## Steps:

1. Preheat oven to 375°F (190°C). Lightly grease your baking pan(s) of choice.
2. Prepare all ingredients by peeling, washing, and grating the cassava, sweet potato, coconut, pumpkin, and ginger.
3. In a large mixing bowl, combine:
  - Grated cassava
  - Sweet potato
  - Coconut
  - Pumpkin
4. Mix well until evenly combined.
5. Add the sugar(s) and mix thoroughly to distribute evenly throughout the mixture.
6. Stir in the vanilla extract, melted butter, salt, and all spices. Mix until everything is fully incorporated and the mixture looks cohesive and well seasoned.
7. Pour the mixture into your prepared pan(s).
  - Pone can be baked in loaf pans, baking dishes, mini pans, muffin tins, cupcake pans, or on baking sheets - thickness will determine baking time.
8. Bake for 1 to 1½ hours, or until the pone is fully set, deeply golden, and a knife inserted in the center comes out mostly clean.
9. Allow to cool slightly before slicing and serving.

## Ingredients:

- 4 cups grated cassava (about 2 lbs), peeled, washed, and finely grated
- 1½ cups grated sweet potato
- 2-3 cups blended or grated coconut (milk and husk combined, to preference)
- 1 cup grated pumpkin or pumpkin purée
- 2 tablespoons grated fresh ginger
- 1 teaspoon salt
- 1 teaspoon black pepper (optional)
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon ground allspice
- 1 teaspoon grated nutmeg
- 2 tablespoons vanilla extract
- 6 tablespoons melted butter
- ¾ cup brown sugar
- ¾ cup white sugar
- Reduced Sugar Option:
  - Use 3/4 cup brown sugar only and omit the white sugar.



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