

SWEET POTATO MUFFINS



These muffins are a great way to get whole grains and veggies in with breakfast, snack, or even dessert! They're a great source of vitamins A & C and a good source of potassium, and fiber. Plus they freeze well!

Modified from FoodHero.org



Ingredients

- 1 + 1/3 cup whole wheat pastry flour
- 1 + 1/2 tsp baking powder
- 1 + 1/4 tsp baking soda
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 3/4 cup mashed sweet potato (about 1 medium potato)
- 1/3 cup brown sugar
- 1 egg, beaten
- 2/3 cup orange juice
- 1 tsp vanilla

Cooking sweet potatoes 3 ways! If you have leftover sweet potatoes from dinner, that's great! If not, you can cook some up just for these muffins. Make sure you wash them first!

1. **Boil:** peel & cut potatoes into chunks & boil for 10-15 min. until easily pierced with a fork.
2. **Microwave:** pierce potatoes all over with a fork. Place on microwave safe plate and cook for 5-8 minutes, rotating halfway through. No need to peel beforehand!
3. **Bake:** pierce with fork & bake in roasting pan for 45-60 min at 400°F. No need to peel!

Directions

1. Preheat oven to 400°F. Lightly oil muffin tin or use paper liners (makes 12 full size or 36 mini muffins).
2. In a medium bowl, combine flour, baking powder, baking soda, cinnamon & nutmeg.
3. In a large bowl, combine sweet potatoes, brown sugar, egg, orange juice, and vanilla. Mix well.
4. Add dry ingredients to liquid ingredients. Stir gently until flour is just moistened.
5. Fill muffin tins 3/4 full. Bake until tops are browned and bounce back slightly when touched (10-12 minutes for mini muffins, 20-22 minutes for full size).
6. Cool 6 minutes, then remove from pan. Cool completely before storing in an airtight container at room-temp.

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