



Sweet Potato Muffins

Makes great leftovers. Can freeze individually and take out for a quick breakfast or afternoon snack!

<u>U.S.</u>		<u>Metric</u>
1 1/2 cups	Sweet Potatoes, peeled, grated	225 g
1 cup	Whole Wheat Flour	113 g
1 cup	All Purpose Flour	120 g
2 tsp	Baking Powder	8 g
1/2 tsp	Salt, Kosher	3 g
1/4 tsp	Nutmeg, ground	0.5 g
1 tsp	Cinnamon, ground	1.3 g
1 Tbsp	Butter, unsalted, room temperature	25 g
2/3 cup	Brown Sugar	142 g
2 each	Eggs, beaten	2 each
1 cup	Milk, 1%	235 mL
3 Tbsp	Applesauce, unsweetened	45 g
1 tsp	Vanilla Extract	5 mL

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C) and prepare muffin or cupcake tin with cooking spray or paper liners.
4. In a medium sized bowl combine both flours, baking powder, salt, nutmeg and cinnamon. Set aside.
5. Using your hands, cream together the butter and brown sugar. Add shredded sweet potatoes, eggs, milk, applesauce and vanilla. Combine well.
6. Stir in half the dry ingredients to combine, and then add the rest of the dry ingredients until fully incorporated do not over mix!
7. Fill each mold 3/4 of the way up. Bake for 10 minutes or until a toothpick comes out clean.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 muffin
Servings	14
Calories	140
Calories from Fat	20
Total Fat	2 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	30 mg
Sodium	100 mg
Carbohydrates	28 g
Dietary Fiber	2 g
Sugars	12 g
Protein	4 g
Vitamin A	40 %
Calcium	6 %
Vitamin C	0 %
Iron	6 %
Phosphorus	78 mg
