

Sweet Potato Muffins

Ingredients

1 c Flour
2 t Baking Powder
1 t Ground Cinnamon
1/2 t Ground Allspice
1/2 t Ground Cloves
1/2 t Ground Ginger
1/4 t Salt
3/4 c Sweet Potato Puree
1/2 c Sugar
1/4 c Brown Sugar
1/3 c Vegetable Oil
1/2 c Milk
2 T Molasses
2 t Vanilla Extract

Instructions

1. Spray a 12-count regular muffin pan with cooking spray, set aside.
2. To a large bowl add the flour, baking powder, cinnamon, allspice, cloves, ginger, salt, and whisk together; set aside.
3. To a separate medium bowl add the sweet potatoes, sugars, oil, milk, molasses, vanilla, and whisk until combined. Preheat oven to 400F.
4. Pour the sweet potato mixture over the dry ingredients, and stir until just combined; don't overmix. Spoon evenly into muffin pan.
5. Bake for about 20 minutes or until tops are set and a toothpick inserted in the center comes out clean or with a few moist crumbs, but no batter.
6. Allow muffins to cool in pans for about 15 minutes before removing and placing on a wire rack

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to cool completely. Muffins will keep airtight at room temp for up to 5 days or in the freezer for up to 3 months.