

Sweet Potato Muffins

When I was making these sweet potato muffins, I thought the recipe was going to be a bomb. The batter is much thicker than usual muffin batter and I've never used this much produce to make muffins! But I'm happy to say that we all loved them. They make a great preschooler snack - made with fresh sweet potatoes and whole wheat flour.

Sweet Potato Muffins

1 large sweet potato (enough to make 2 cups cooked and mashed)

1/4 cup white sugar

1/2 cup brown sugar

1/2 cup canola oil

2 eggs

1 tsp vanilla

1 cup white flour

1 cup whole wheat flour

2 tsp baking powder

1 tsp cinnamon

1 tsp nutmeg

1/2 tsp allspice

1 tsp salt



Step 1:

Preheat oven to 350 degrees F. Prepare muffin pans by spraying each cup with non-stick cooking spray. For very large muffins, use one pan of 12. For smaller, kid-sized muffins, use two pans for a total of 24 muffins. Or, you can use mini-muffin pans.

Step 2:

Poke the sweet potato a few times with a fork. Place the sweet potato in a shallow bowl with 1/2" water. Microwave on high for 10-15 minutes, until it is very soft.

Step 3:

While the sweet potato is cooking, whisk together the white sugar, brown sugar, oil, vanilla and eggs. In another bowl, combine the flours, baking powder, salt and spices.

Step 4:

When the sweet potato is cool enough to handle, peel and mash. Add two cups of mashed sweet potato to the sugar/oil mixture and stir well. Add the flour mixture gradually, stirring well after each addition.

Step 5:

Spoon the batter into muffin cups, filling about half way for small muffins. Bake for 25-30 minutes. Serve warm for a toasty, tasty treat!