



## Sweet Potato Banana Nut Muffin

Yield: 12 servings

Source: [therealfoodrds.com](http://therealfoodrds.com)

### Ingredients:

- 1/2 cup sweet potato puree
- 1 banana, mashed (about 1/3 cup)
- 1/3 cup nut butter
- 3 eggs
- 3 tablespoons maple syrup or sugar
- 1 teaspoon vanilla
- 2/3 cup whole wheat flour
- 1 tsp ground cinnamon
- 1 tsp baking soda
- 1/3 cup chopped nuts, optional
- 1/2 cup optional add-ins – chocolate chips, dried cranberries, raisins or coconut flakes.

### Directions:

1. Preheat oven to 350°F. Lin muffin tin with paper liners or grease with oil.
2. In a bowl combine sweet potato, banana and almond butter and stir until smooth.
3. Stir in eggs, syrup or sugar and vanilla and continue to stir.
4. Mix in flour, cinnamon, baking soda and nuts (optional).
5. Bake 16-18 minutes.

### Nutrition information:

Serving size: 1 muffin

Calories: 177

Fat: 10g

Sodium: 124mg

Carbohydrates: 18g

Sugar: 8g

Fiber: 3g

Protein: 5g