



Sweet Potato Muffins

Yield: 24 servings

Modified from: www.goodinthesimple.com

Ingredients:

- 2 cups cooked and mashed sweet potato (about 3 large or 4-5 small potatoes)
- 2 cups whole wheat flour
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon baking powder
- ½ cup sugar
- ¾ cup unsweetened applesauce
- 3 large eggs
- 1 teaspoon vanilla
- ½ cup ground flaxseed (optional)

Directions:

1. Preheat oven to 325°F.
2. In a large bowl combine flour, cinnamon, baking soda, baking powder and salt. In a separate bowl combine, sugar, oil, eggs and vanilla. Stir wet ingredients into dry ingredients. Stir in sweet potato.
3. Pour into muffin cup. If using flaxseed, lightly sprinkle on top. Bake 30 minutes.

Nutrition information:

Serving size: 1 muffin

Calories: 96

Fat: 2g

Sodium: 83mg

Carbohydrates: 18g

Sugar: 6g

Fiber: 2.5g

Protein: 3g