

Sweet Potato Muffins

Warm spices and sweet potatoes in muffin form? This fall treat is the perfect cozy breakfast or snack!

Yield: 12 muffins

Prep Time: 15 min

Bake Time: 30 min

Ingredients:

- 1-3 large sweet potatoes, mashed
- 1 1/2 cups Caputo "00" Pastry Flour or Caputo "00" Chef's Flour
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice or cloves
- 1/2 teaspoon nutmeg
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup nonfat plain greek yogurt
- 1/4 cup pure maple syrup (or honey)
- 1/3 cup unsweetened almond milk (or nut milk or skim milk of your choice)
- 2 eggs
- 2 tablespoons applesauce (or coconut, olive, or vegetable oil)
- 1 teaspoon vanilla extract
- 1 cup raisins, chocolate chips, or nuts of your choice (*optional*)



Instructions:

1. Preheat the oven to 350F and line a muffin tin with liners (use the parchment paper kind or the muffins will stick – we grease the liners if they aren't parchment paper ones!) or directly grease the muffin tin.
2. Microwave your sweet potatoes: Poke holes all around the sweet potatoes with a fork and place them in a microwave safe dish. Microwave for 8-10 minutes on high (until steamy and soft).
3. As the sweet potatoes are in the microwave, in a medium bowl, mix the dry ingredients: Caputo "00" Pastry Flour or Caputo "00" Chef's Flour, cinnamon, allspice (or cloves), nutmeg, baking soda, and salt.
4. When the sweet potatoes are done in the microwave, cut them in half, scoop out their softened centers, and mash them in a separate large bowl.
5. Once the potatoes are mashed, mix in the rest of the wet ingredients: Greek yogurt, maple syrup, milk, eggs, applesauce or oil, and vanilla until combined. It should be creamy!
6. Add the dry ingredients to the wet ingredients until combined.
7. If using, fold in your mix-ins so they are distributed throughout the batter.
8. Divide the batter evenly into the muffin liners and bake for about 30 minutes. We recommend checking around 25 minutes to see if done. The easiest way to check is to see if a toothpick comes out clean.
9. Cool muffins on a wire rack and enjoy!