

Sweet Potato Muffins

Makes 12 Muffins

Prep 20 minutes, cook 25 minutes

Ingredients:

- 1 Large sweet potato
- ½ cup extra virgin olive oil
- ½ cup milk
- ¾ cup maple syrup plus 2 extra tbsp for brushing the muffins
- 1tsp vanilla extract
- 2 cups all-purpose flour
- 2 tsp baking powder
- 2tsp baking soda
- 1 ½ tbsp pumpkin spice
- ½ tsp salt



Family Health Team
Équipe de santé familiale



Directions

1. Preheat the oven to 400°F. Prick the sweet potato a few times with a paring knife or a fork. Bake until soft (when a paring knife can cut through with zero resistance), about 1 hour. Set the sweet potato aside until it's completely cool.
2. Peel the sweet potato, discard the skin and mash the flesh in a mixing bowl with a fork. Whisk the olive oil, milk, maple syrup and vanilla into the sweet potato.
3. In a separate bowl, whisk together the flour, baking powder, baking soda, five-spice powder and salt. Fold the dry ingredients into the wet ingredients.
4. Line a 12-cup muffin tin with paper liners or grease a muffin tin and evenly distribute the muffin batter among the cups.
5. Bake for 20 minutes. Brush the tops with the extra maple syrup and bake 5 minutes or until a toothpick comes out of the center clean.
6. Let the muffins cool before serving.

Recipe from: <https://www.simplystacie.net/sweet-potato-muffins/#wprm-recipe-container-150404>