

SWEET POTATO MUFFINS

Serves: 10–12 | Preparation: 10 minutes | Total: 28 minutes

Difficulty: Easy



INGREDIENTS

- 1 cup mashed sweet potato (no lumps)
- ½ cup melted unsalted butter or vegetable oil
- ¼ cup maple syrup*
- 1 egg, lightly beaten
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon salt

INSTRUCTIONS

1. Preheat oven to 350 F. Grease a muffin tin or use parchment muffin liners.
2. In a large bowl, combine sweet potato, butter/oil, maple syrup, egg, and vanilla.
3. Stir in flour, baking powder, baking soda, cinnamon, and salt until just combined.
4. Fill muffin tins 2/3 of the way full.
5. Bake for 14–16 minutes or until a toothpick inserted into the center comes out clean.

*Note: For a sugar free version, replace maple syrup with 2 tablespoons of milk.

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Adapted from yummytoddlerfood.com