

SWEET POTATO (OR PUMPKIN) MUFFINS

(adapted from A Banquet of Health, by Penny Block)

2 c. whole wheat pastry flour (or brown rice flour – use a little bit less)

1 tsp. baking powder

¼ tsp. sea salt

1 large sweet potato, peeled, cooked and mashed (or 1 c. canned pumpkin or canned sweet potato)

1 c. vanilla-flavored soy milk (or regular milk + 1 tsp. vanilla)

7 TBSP. coconut oil

1 egg, lightly beaten

(I also added a little bit of agave nectar and cinnamon as well as dark-chocolate chocolate chips) Can add any dried fruit as well.

1) Preheat oven to 375. Lightly oil 12 muffin cups, or 24 mini cups.

2) In a large bowl, combine flour, baking powder, and salt.

3) In a medium bowl, whisk together sweet potato, milk, oil, and egg until smooth.

4) Pour wet ingredients into dry ingredients.

5) Mix only until just combined.

6) Stir in chocolate chips or dried fruit gently.

7) Sprinkle with cinnamon.

8) Bake 20 minutes or until toothpick inserted near center comes out clean (may be less for mini-muffins)

(Note: I had to cook the bigger ones a little bit longer)

9) Let them cool a little before taking out of the pan.