

Sweet Potato Cornbread

12 Servings • 1 Serving = 1 Muffin



INGREDIENTS

- ½ cup sweet potato puree
- 2 large eggs, lightly beaten
- 2 Tablespoons canola oil
- 1 ½ cups low-fat milk
- ¾ cup all purpose flour
- 1 ¼ cup finely ground yellow cornmeal
- 1 Tablespoon baking powder
- 1 teaspoon salt
- ¼ cup sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg

DIRECTIONS

1. Heat oven to 450°F and line a 12-cup muffin tin with muffin liners.
2. Mix the sweet potato puree with eggs, oil, and milk. Stir to combine.
3. In a separate large bowl, sift flour, cornmeal, baking powder, salt, sugar, cinnamon and nutmeg. Add potato mixture and mix until just combined. Do not over mix. The batter should be lumpy.
4. Pour batter into prepared muffin cups and bake until the cornbread is puffed and golden, about 20 minutes. Let cool 5 minutes, then turn out onto a rack to cool completely.

Nutrition Facts

12 servings per container
Serving size **1 muffin**

Amount per serving
Calories 130

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 360mg **16%**

Total Carbohydrate 22g **8%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 3g Added Sugars **6%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 72mg **6%**

Iron 1mg **6%**

Potassium 88mg **2%**

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

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