



# Sweet Potato Muffins

16 Servings • 1 Serving = 2 Muffins

## INGREDIENTS

- Cooking spray, as needed
- 1  $\frac{3}{4}$  cups whole wheat flour
- 1 Tablespoon baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 2 large eggs, beaten
- 1 cup low-fat milk
- $\frac{1}{3}$  cup brown sugar
- 1 cup sweet potato puree
- $\frac{1}{4}$  cup canola oil
- 1 teaspoon vanilla

## DIRECTIONS

1. Preheat the oven to 375°F. Spray a mini-muffin pan with cooking spray.
2. In a large bowl, whisk together the whole wheat flour, baking powder, salt, cinnamon, and nutmeg.
3. In a separate bowl, whisk together the eggs, milk, sugar, sweet potato puree, canola oil, and vanilla. Add this to the flour mixture by folding in gently until just combined. Do not over mix. The batter should not be smooth.
4. Divide the batter among the muffin cups. Bake about 10 minutes, or until a toothpick inserted in 1-2 muffins comes out clean. Let cool for 2-3 minutes before removing from the pan.

## Nutrition Facts

16 servings per container  
Serving size 2 mini muffins

Amount per serving  
**Calories** 120

% Daily Value\*

Total Fat 4.5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 200mg	9%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 3g	

Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 81mg	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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