

Sweet Potato Muffins



Greater Cleveland
Food Bank

Makes 12 muffins

Ingredients

- 1 large sweet potato, cooked and mashed
- $\frac{3}{4}$ cup milk, or milk alternative
- $\frac{1}{2}$ cup butter, melted, or oil of choice
- $\frac{1}{2}$ cup sugar
- 2 cups flour
- 1 Tablespoon baking powder
- 2 teaspoons cinnamon
- $\frac{1}{4}$ tsp cloves
- $\frac{1}{2}$ tsp ginger

Walnut Streusel Topping (optional)

- $\frac{1}{2}$ cup chopped walnuts
- 2 Tablespoons sugar
- 2 Tablespoons butter, melted, or oil of choice
- 1 teaspoon ground cinnamon



Instructions

1. Preheat oven to 400 degrees F.
2. In a large bowl combine cooked sweet potato, almond milk, butter/oil and sugar.
3. In a separate bowl combine flour, baking powder, cinnamon, cloves and ginger.
4. Add the wet ingredients to the dry and stir to combine.
5. Pour the batter into muffin cups or a well-greased muffin tray.
6. In a small bowl combine streusel toppings and press a small spoonful of streusel onto each muffin.
7. Bake for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

**Will keep for several days in an airtight container.*

Recipe adapted from <http://www.thehealthymaven.com/2015/02/sweet-potato-muffins-with-walnut-streusel-gluten-free-vegan.html>

Sweet Potato Muffins



Greater Cleveland
Food Bank

Makes 12 muffins

Ingredients

- 1 large sweet potato, cooked and mashed
- $\frac{3}{4}$ cup milk, or milk alternative
- $\frac{1}{2}$ cup butter, melted, or oil of choice
- $\frac{1}{2}$ cup sugar
- 2 cups flour
- 1 Tablespoon baking powder
- 2 teaspoons cinnamon
- $\frac{1}{4}$ tsp cloves
- $\frac{1}{2}$ tsp ginger

Walnut Streusel Topping (optional)

- $\frac{1}{2}$ cup chopped walnuts
- 2 Tablespoons sugar
- 2 Tablespoons butter, melted, or oil of choice
- 1 teaspoon ground cinnamon



Instructions

1. Preheat oven to 400 degrees F.
2. In a large bowl combine cooked sweet potato, almond milk, butter/oil and sugar.
3. In a separate bowl combine flour, baking powder, cinnamon, cloves and ginger.
4. Add the wet ingredients to the dry and stir to combine.
5. Pour the batter into muffin cups or a well-greased muffin tray.
6. In a small bowl combine streusel toppings and press a small spoonful of streusel onto each muffin.
7. Bake for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

**Will keep for several days in an airtight container.*

Recipe adapted from <http://www.thehealthymaven.com/2015/02/sweet-potato-muffins-with-walnut-streusel-gluten-free-vegan.html>