



ZESTY SWEET POTATO & ORANGE MUFFINS

Ingredients

- 2 medium sweet potatoes
- 1/4 cup water
- 2 large eggs
- 1/2 cup plain Greek yogurt
- 1/3 cup oil
- 1/2 cup unsweetened almond milk
- 1/3 cup maple syrup
- 1 tsp vanilla extract
- 1 3/4 cup whole wheat flour
- 1/2 cup rolled oats
- 2 tsp baking powder
- 1 1/2 tsp baking soda
- 1 tbsp cinnamon
- 1 tsp nutmeg
- 1 tsp ginger
- 1/4 tsp cloves
- 1/2 tsp salt
- 2 tsp orange zest

SERVINGS:

- Makes 18 muffins

TOTAL TIME: 35 MIN

- Prep: 15 min
- Cook: 25 min

Directions

- 1) Preheat oven to 350F.
- 2) Line a muffin tray
- 3) Peel and dice sweet potato. Place in a microwave safe dish with water. Cover & microwave on high for 10-15 minutes (until sweet potato is soft). Mash & allow to cool.
- 4) In a medium bowl beat eggs. Whisk in yogurt, almond milk, maple syrup & vanilla. Fold in cooked sweet potato
- 5) Mix together dry ingredients.
- 6) Fold dry ingredients into wet. Mix in orange zest.
- 7) Divide mixture evenly between muffin cups & bake for about 25 minutes.

Nutrition Information

- Calories: 126
- Fat: 5.0g
- Protein: 3.4g
- Total Carb: 17.8g
- Fibre: 2.1g
- Net Carb: 15.7g