



## Sweet Potato Muffins

Makes 12

- Non-stick cooking spray as needed
  - 1 ½ cups flour
  - ½ cup granulated sugar
  - 1 tablespoon baking powder
  - 1 teaspoon cinnamon
  - ¼ teaspoon salt
  - 2 ½ cups mashed roasted sweet potatoes
  - ¾ cup almond
  - ½ teaspoon vanilla extract
1. Preheat the oven to 350°F 180°C
  2. Line a 12-hole muffin pan with paper cases and spray with non-stick cooking spray (for best results).
  3. In a large bowl, whisk the flour, sugar, baking powder, cinnamon, and salt.
  4. In another large bowl, whisk together the mashed sweet potatoes, almond milk, and vanilla extract until smooth.
  5. Add the dry ingredients to the sweet potato mixture. Stir with a wooden spoon until combined.
  6. Spoon the mixture into the prepared muffin pan, filling each muffin hole about ¾ full.
  7. Bake for 25-30 minutes or until a toothpick comes out clean.
  8. Allow them to cool completely before enjoying.