

SWEET POTATO MUFFINS

Posted on Sep 26, 2012 ~ Revised January 2022



Tis' the Sweet Potato ~ Pumpkin Season. I love them both! Rich beta carotenes. I found this recipe on the Bread Beckers website which used either sweet potatoes or pumpkin or even bananas in these muffins. Grated Zucchini might be a wonderful variety, too! As noted above, a recipe is just a point from which to start.

In Bosch bowl with cake paddles, blend:

- 2 C soaked all purpose mix flour (= parts spelt, brown rice & barely)
- 1/2 C ECJ Sugar
- 1 t cinnamon
- 1/2 t nutmeg
- OR 1 1/2 t pumpkin pie spice
- 1 t soda
- 1/4 t baking powder
- 1/4 t salt

Mix and add, just until well mixed, don't over mix:

- 1 1/2 C sweet potato puree
- 1/4 C coconut oil or olive oil
- 1/4 C honey or agave
- 2 eggs
- 1/2 C mini chocolate chips ~ our semi sweet, allergy free, are amazing!

Use the 3 T scoop to measure into muffin cups. Bake at 350 for 18 - 20 minutes. Man size muffin pans are a great alternative, too!