

# Sweet Potato and Orange Muffins

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## Ingredients:

- 2 Tablespoons + 2 teaspoons **all-purpose flour**
- 2 Tablespoons + 2 teaspoons **whole-wheat flour**
- 1/4 + 1/8 teaspoon **baking powder**
- 1/4 teaspoon **baking soda**
- 1/8 teaspoon **cinnamon**
- 1/8 teaspoon **nutmeg**
- 1/8 teaspoon **allspice**
- 3 Tablespoons canned **sweet potato** or **yam**
- 4 teaspoons **brown sugar**, packed
- 1 + 1/2 Tablespoons beaten **egg**
- 2 Tablespoons + 2 teaspoons **orange juice**
- 1 Tablespoon grated **carrot**
- 1/8 teaspoon **vanilla extract**

**Makes:** 3 muffins

## Directions:

1. Preheat oven to 400 degrees F. Lightly oil muffin tins for 3 muffins.
2. In a medium bowl, combine flours, baking powder, baking soda, cinnamon, nutmeg and allspice.
3. In a larger bowl, mash the sweet potato or yam. Add the brown sugar, egg, orange juice, grated carrot and vanilla extract. Mix well.
4. Add the dry ingredients to the liquid ingredients and mix well.
5. Fill the muffin tins 2/3 full.
6. Bake 15 to 20 minutes, until tops are golden brown. Remove from oven, and turn the oven off. Let muffins cool before removing from tins.

