



Sweet Potato Almond Muffins

9 servings

45 minutes

Ingredients

1 Sweet Potato (small, peeled and cubed)
122 grams Unsweetened Applesauce
63 grams Almond Butter
40 grams Maple Syrup
2 Egg (whisked)
1 gram Cinnamon
2 grams Baking Powder
56 grams Almond Flour

Directions

- 1 Add the sweet potato to a steamer basket over boiling water and steam for eight to 10 minutes or until very tender. Transfer the cooked sweet potato to a mixing bowl and mash it until smooth. Let the sweet potatoes cool slightly.
- 2 Preheat the oven to 350°F (176°C) and line a muffin pan with baking cups.
- 3 Add the applesauce, almond butter, maple syrup, and egg to the same bowl with the mashed sweet potato and mix until well combined. Add the cinnamon, baking powder, and almond flour and stir again.
- 4 Divide the batter between muffin cups. Bake for 20 to 22 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to one muffin.

Sweet Potato: One small sweet potato is equal to a heaping 1/2 cup of mashed sweet potato.

More Flavor: Add pumpkin pie spice or vanilla extract.