

# Sweet Potato Muffins



## INGREDIENTS:

1 cup sweet potato,  
cooked and mashed  
 $\frac{2}{3}$  cup unsweetened  
applesauce  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{4}$  cup melted coconut oil  
 $\frac{1}{2}$  cup plain Greek yogurt  
2 teaspoon vanilla extract  
2 eggs  
1  $\frac{1}{3}$  cups whole wheat flour  
1  $\frac{1}{2}$  teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon nutmeg  
1 teaspoon baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt

## INSTRUCTIONS:

1. Preheat oven to 375 degrees F and line or grease a 12-cup muffin tin.
2. In a large bowl, whisk together the mashed sweet potato, applesauce, sugar, oil, yogurt, vanilla, and eggs.
3. Add the flour, spices, baking powder, baking soda, and salt. Stir just until batter is smooth.
4. Pour batter into the muffin tin and bake for 20 minutes. A toothpick inserted into the middle of a muffin should come out clean.
5. Enjoy!

