



FLOURLESS SWEET POTATO MUFFINS

Servings: 12 muffins

INGREDIENTS

- 16 oz sweet potatoes
- 6 oz maple syrup
- 1.5 oz vanilla extract
- 4 oz soy milk
- 4.75 oz quick oats
- 1 oz baking powder
- 1 oz baking soda
- 0.5 oz salt
- 2 oz ground cinnamon
- 4 oz sunflower butter or wow butter

DIRECTIONS

Roast sweet potatoes whole in the oven on 425 degrees and peel. Goal is to caramelize the area between the skin and sweet potato.

Mix sweet potatoes, maple syrup, vanilla extract, and sunflower butter in a mixer with a paddle.

Mix quick oats, baking powder, salt, and cinnamon to combine.

Add dry ingredients to mixer with wet ingredients; mix for a few minutes. Pour batter into greased muffin tins.

SHOPPING LIST

Sweet potatoes

Maple syrup

Vanilla extract

Soy milk

Quick oats

Baking powder

Baking soda

Salt

Ground cinnamon

Sunflower or wow butter

Preferred muffin tin grease