

# "Spiced Holiday Muffins"

## Ingredients

- ★ 1 cup of mashed sweet potato
- ★ ½ cup of vegetable or olive oil
- ★ 2 eggs
- ★ ½ cup of carrots (shredded)
- ★ ½ cup of apples (peeled and shredded)
- ★ 1 ½ cups of all-purpose flour
- ★ ¼ teaspoon of salt
- ★ 1 teaspoon of baking powder
- ★ 1 teaspoon of cinnamon
- ★ Optional Toppings: Walnuts (As pictured)



Serving Size: 1 Muffin  
#of Servings: 16 Muffins

(Sugarushedby\_ricah, 2020)

Nutrition per serving:  
136 calories, 3 g protein, 8 g total fat, 1.2 grams saturated fat, 13 grams total carbs, 1 gram of fiber, 84 mg sodium

Utensils needed: 1 large bowl, 1 small bowl, 2 mixing spoons, muffin tin, muffin liners

## Instructions:

1. Preheat oven to 350 degrees Fahrenheit and line muffin pan with muffin liners.
2. In a large bowl: combine sweet potato, oil, eggs, carrot and apples.
3. In a small bowl: mix dry ingredients together: flour, salt, baking powder and cinnamon.
4. Combine wet and dry ingredients, stirring until just mixed.
5. Fill muffin liners with batter until  $\frac{3}{4}$  of the way full, to prevent overflow of muffins rising.
6. Bake for 20-25 minutes until a toothpick inserted in the middle of the muffins comes out clean.