# Sweet Potato Mini Muffins



## **INGREDIENTS**

- tbsp. margarine 4
- 1/2 cup sugar
- 2/3 cup cooked mashed sweet potatoes
- egg
- 3/4 cup flour
- tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/2 cup skim milk
- 1/4 cup chopped pecans
- 1/4 cup chopped raisins



### EXPANDED FOOD AND NUTRITION **EDUCATION PROGRAM**

# Sweet Potato Mini Muffins

**PREP TIME:** 15 minutes **COOK TIME:** 10 minutes

## DIRECTIONS

- Wash your hands and clean your cooking area.
- Pre-heat your oven to 400°F. 2.
- In medium mixing bowl, cream margarine and sugar. 3.
- Add egg and sweet potatoes; mix well. 4.
- In the large bowl, stir flour with baking powder, salt, and spices. 5.
- Alternate adding milk and the potato mixture to the large bowl with 6. your dry ingredients.
- Fold in nuts and raisins.
- Spoon into greased 1 ½ inch mini muffin tins, filling each 2/3 full. 8.
- Bake at 400°F for 10 minutes or until golden brown. 9.
- 10. Let cool for about 5 minutes before serving.

## Nutritio

12 servings per Serving size

Amount per serving Calories

Total Fat 6g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 15mg

Sodium 210mg

**Total Carbohydrate** 

Dietary Fiber 1g

Total Sugars 12g

Includes 8g Add

Protein 2g

Vitamin D 0mcg

Calcium 41mg

Iron 1mg

Potassium 108mg

\*The % Daily Value tells yo serving of food contributes day is used for general nutr

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