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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		5 %
		9 %
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