

Sweet Potato Mini Muffins



INGREDIENTS

4 tbsp. margarine

1/2 cup sugar

2/3 cup cooked mashed sweet potatoes

1 egg

3/4 cup flour

2 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

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

DIRECTIONS

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

Nutrition Facts

12 servings per container
Serving size **1 muffin (60g)**

Amount per serving
Calories **150**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 210mg **9%**

Total Carbohydrate 22g **8%**

Dietary Fiber 1g **4%**

Total Sugars 12g

Includes 8g Added Sugars **16%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 41mg 4%

Iron 1mg 6%

Potassium 108mg 2%

***The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.**