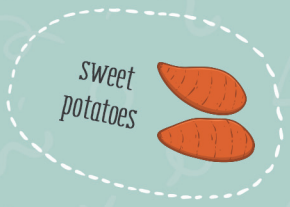
SWEET POTATO SPICE MUFFIN



Ingredients

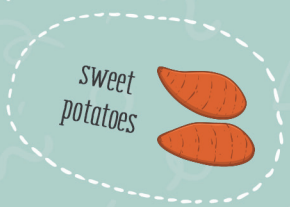
1 ¾ cup brown sugar
¾ cup canola oil
3 eggs
1 teaspoon vanilla
2 cups sweet potatoes *(cooked & mashed)*
1 cup whole wheat flour
1 cup all-purpose flour
1 tablespoon baking powder
2 teaspoon baking soda
¼ teaspoon salt
2 teaspoon cinnamon
½ cup water

Directions

- ☐ 1. Preheat oven to 350°F
- ☐ 2. Add sugar, oil, eggs, vanilla, and sweet potatoes in a bowl. Mix with mixer on low for 2 minutes or until smooth.
- ☐ 3. Add flour, baking powder, baking soda, salt, cinnamon, and water to the bowl. Mix on low for 2 minutes or until smooth.
- ☐ 4. Pour into muffin tin and bake for 30-32 minutes.
- ☐ 5. Allow muffins to cool for 10 minutes and serve.

HISD | Nutrition Services
IMPROVING LIVES. BUILDING TRUST.

SWEET POTATO SPICE MUFFIN



Ingredients

1 ¾ cup brown sugar
¾ cup canola oil
3 eggs
1 teaspoon vanilla
2 cups sweet potatoes *(cooked & mashed)*
1 cup whole wheat flour
1 cup all-purpose flour
1 tablespoon baking powder
2 teaspoon baking soda
¼ teaspoon salt
2 teaspoon cinnamon
½ cup water

Directions

- ☐ 1. Preheat oven to 350°F
- ☐ 2. Add sugar, oil, eggs, vanilla, and sweet potatoes in a bowl. Mix with mixer on low for 2 minutes or until smooth.
- ☐ 3. Add flour, baking powder, baking soda, salt, cinnamon, and water to the bowl. Mix on low for 2 minutes or until smooth.
- ☐ 4. Pour into muffin tin and bake for 30-32 minutes.
- ☐ 5. Allow muffins to cool for 10 minutes and serve.

HISD | Nutrition Services
IMPROVING LIVES. BUILDING TRUST.