



SPICED SWEET POTATO MUFFIN RECIPE

MATERIALS:

- Steam basket
- Medium sauce pan
- Cutting board and knife
- Large mixing bowl
- Measuring cups and spoons
- Whisk
- Muffin tin
- Muffin wrappers

INGREDIENTS:

- 2 cups whole wheat or spelt flour
- 1 large sweet potato
- 6 ounces plain yogurt
- 1/4 cup melted ghee (replace with coconut oil or olive oil if needed)
- 2 eggs (replace with 2 Tbsp ground flax seed mixed in 6 Tbsp warm water)
- 3/4 cup maple syrup (add a bit more if you prefer a sweeter muffin)
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1/2 tsp salt
- 2 tsp cinnamon powder*
- 1/4 tsp nutmeg*
- 1/4 tsp cardamom*
- 1/4 tsp clove*
- 1/4 tsp ginger powder*
- 1/4 tsp turmeric powder*
- 1 Tbsp rolled oats (for topping)
- 1/2 tsp cinnamon powder (for topping)
- 1/2 tsp ground flax seed (for topping)

*Spices can be replaced with 1 Tbsp of the Ayurvedic Breakfast Spices

INSTRUCTIONS:

STEAMING THE SWEET POTATO

1. Peel the sweet potato with a peeler.
2. Chop up the peeled sweet potato into small cubes (the smaller the better!).
3. In a medium sauce pan add an inch or two of water and then place in the steam basket. Add the sweet potatoes into the steam basket and cover with a lid. Cook over medium heat for 20-25 minutes or until the sweet potato is completely soft and steamed all the way through.

MUFFIN MIX INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. Combine all of the dry ingredients together. This includes the flour, baking soda, salt and spices. Stir together until evenly combined.
3. Add in the eggs, maple syrup, yogurt and vanilla extract. Use the whisk to blend all of the ingredients together, making sure there are no dry chunks anywhere.
4. In a separate mixing bowl, place in the steamed sweet potato and the ghee. Using the whisk, smash the potato and blend well leaving no large pieces or chunks.
5. Add the smashed sweet potato blend to the original bowl of ingredients. Stir this in evenly. The final consistency should be a thick, but liquidly muffin mix.
6. Place the muffin wrappers in the muffin tin.
7. Add just under 1/2 cup of the muffin mix to each cup. The mix should level just under the top of the wrapper.

TOPPING INSTRUCTIONS:

1. Place the oats, cinnamon and ground flax seed in a spice grinder, food processor or blender. If these are not available, simply combine the ingredient together and go straight to step #3.
2. Gently blend the ingredients into a very course mixture.
3. Sprinkle the mixture lightly on top of each uncooked muffin in the tin. Avoid placing too much on, as it can be a bit drying.

BAKING INSTRUCTIONS:

1. Place the muffin tin into the heated oven.
2. Bake for 15-17 minutes, until the tops are golden brown and a toothpick comes out clean. You will know they are done if you press lightly in the center and the muffin springs back to place.
3. Take them out to let cool briefly. These muffins can be enjoyed warm or at room temperature, as a breakfast (perfect with Chai!) or as a healthy snack.