



WINTER SPICED SWEET POTATO MUFFINS

Vata↓, Pitta↓, Kapha↑ (Kapha can enjoy in moderation)

Makes: 12 to 14 muffins

Prep Time: 20 to 30 minutes

Bake Time: 15 to 17 minutes

Ingredients

For the muffins:

- 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 tablespoons ground flax seed mixed in 6 tablespoons warm water)
- 3/4 cup maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda powder
- 2 teaspoons cinnamon*
- 1/8 teaspoon nutmeg powder*
- 1/4 teaspoon cardamom powder*
- 1/8 teaspoon clove powder*
- 1/2 teaspoon ginger powder*
- 1/8 teaspoon turmeric powder*

For the topping:

- 1 Tbsp rolled oats (for topping)
- 1/2 tsp cinnamon powder (for topping)
- 1/2 tsp ground flax seed (for topping)

*These spices can be replaced with 1 tablespoon of the Ayurvedic Breakfast Spices.

Directions

1. Steaming the sweet potato:
2. Peel the sweet potato with a peeler.
3. Chop up the peeled sweet potato into small cubes.
4. 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 15 to 20 minutes or until the sweet potatoes are completely soft and steamed all the way through.

Preparing the batter:

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. 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. A hand blender or a large spoon can also be used if a whisk is not available.
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 1/4 cup of the muffin mix to each cup. The batter should level just under the top of the wrapper.

Preparing the topping:

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 the muffins:

1. Place the muffin tin into the heated oven.
2. Bake for 15 to 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 eaten warm, toasted, or at room temperature. Enjoy them for breakfast (perfect with chai!), as a nourishing snack, or as a healthy dessert (yes, they are kid-friendly!).