



CINNAMON SPICED SWEET POTATO MUFFINS

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

Makes: 12 to 14 muffins

Prep Time: 20 to 30 minutes (includes steaming the sweet potatoes)

Bake Time: 13 to 15 minutes

INGREDIENTS

- 1 large sweet potato (about 1½ to 2 cups chopped)
- 2 cups whole wheat or spelt flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 teaspoons cinnamon powder*
- ¼ teaspoon nutmeg*
- ¼ teaspoon cardamom*
- ¼ teaspoon clove*
- ¼ teaspoon ginger powder*
- ¼ teaspoon turmeric powder*
- 2 eggs (replace with 2 tablespoons ground flax seed steeped in 6 tablespoons warm water)
- ½ to ¾ cup maple syrup (add a bit more if you prefer a sweeter muffin)
- ¾ cup plain yogurt
- 1 teaspoon vanilla extract
- ¼ cup melted ghee (replace with melted coconut oil or olive oil)
- ⅓ cup walnuts, hemp seeds, or sunflower seeds (optionals)
- ⅓ cup raisins or chopped, pitted dates (optional)

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

DIRECTIONS

STEAMING THE SWEET POTATO

1. Peel the sweet potato with a peeler (optional—I don't!).
2. Chop up the sweet potato into small, even cubes.
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 a medium-low heat for 15 to 20 minutes or until the sweet potatoes are completely soft, sweet, and steamed all the way through.

PREPARING THE BATTER

1. Preheat the oven to 400°.
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 a spoon or mixer (on low) to blend all of the ingredients together for about 2 minutes, making sure there are no dry chunks anywhere.
4. In a separate mixing bowl, place in the steamed sweet potato and the ghee. Using a whisk, smash the potato and blend the oil until well mashed.
5. Add the smashed sweet potato blend to the original bowl of ingredients. Add in the optional nuts, seeds, raisins, or dates here. Fold and gently mix in evenly. The final consistency should be a thick, but liquidly muffin mix.
6. Place muffin wrappers in the muffin tin. If you are using a non-stick pan, this step is optional.
7. Add a heaping $\frac{1}{3}$ cup of the muffin batter to each cup. The mix should level just under the top of the wrapper.

BAKING THE MUFFINS

1. Place the muffin tin into the heated oven.
2. Bake for 13 to 15 minutes, until the tops are golden brown and a toothpick comes out clean.
3. Take them out to let cool briefly.
4. These muffins can be enjoyed warm or at room temperature. They are best eaten in the fall and winter seasons for Vata and Pitta types, although a balanced Kapha type can enjoy them in moderation.

STORAGE

These muffins should be refrigerated to avoid spoilage and keep moist. They are best eaten within 2 to 3 days, but will last up to a 7 days refrigerated. I personally prefer to warm them in a toaster oven at about 200° to 250° (wrap in tin foil to avoid dryness) for about 10 to 15 minutes. Extras can be stored in a freezer for up to 3 months.