
Sweet Potato Muffins

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 cup whole wheat flour
 - 3/4 cup oat flour
 - 1 tsp cinnamon
 - 1 tsp baking powder
 - 1 tsp baking soda
 - 1/8 tsp salt
 - 1/2 cup dates, chopped
 - 1/2 cup date sugar
 - 3/4 cup apple sauce
 - 1/2 cup coconut oil
 - 2 eggs
 - 1 tsp vanilla essence
 - 1 cup cooked sweet potato, mashed
 - 1/3 cup walnuts, chopped roughly
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Instructions:

1. Pre-heat the oven to 425F or 210C. Prepare a muffin pan with 10-12 liners and place on a baking sheet.
2. In a large mixing bowl, mix the dry ingredient together – flours, cinnamon, baking powder, baking soda, and salt, then add in the dates (this will make sure dates don't stick together).
3. In another medium bowl, mix the wet ingredients – sugar, apple sauce, oil, eggs, vanilla and sweet potato.
4. Fold the wet mixture into the dry adding the walnuts in the last few strokes.
5. Divide equally in the muffin pan, making between 10-12 muffins. Bake for 10minutes then lower the heat to 350F or 160C and bake for an additional 10minutes. The muffins will be done if a toothpick inserted in the centre comes out with only a few bits on it, but no wet batter.
6. Let cool. Delicious on it's own with a cup of coffee or with some berry chia jam.