



## Sweet Potato and Orange Muffins

Serving Size: 1 muffin

Yield: 18 servings

### Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice
- 1 can (16 ounce) sweet potatoes (yams), drained
- 2/3 cup brown sugar, packed
- 2 eggs
- 1 cup orange juice
- 1 carrot, shredded
- 1 teaspoon vanilla



### Directions:

1. Preheat oven to 400 degrees. Lightly oil muffin tins (18 muffins).
2. In a medium bowl, combine flours, baking powder, baking soda, cinnamon, nutmeg and allspice.
3. In a large bowl, mash sweet potatoes. Add brown sugar, eggs, orange juice, carrots and vanilla. Blend well.
4. Add dry ingredients to liquid ingredients and mix well.
5. Fill muffin tins 2/3 full.
6. Bake 15-20 minutes, until tops are brown. Let cool and remove from tins.

Nutrition Facts: Calories, 120; Calories from fat, 10; Total fat, 1g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 20mg; Sodium, 220mg; Total Carbohydrate, 27g; Fiber, 2g; Protein, 3 g; Vit. A, 60%; Vit. C, 15%; Calcium, 6%; Iron, 6%.

Source: Oregon State University Extension



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