Michele Sodon

SWEET POTATO MUFFINS

NUTRITION PER SERVING:

CALORIES	134
PROTEIN	9 G
CARBOHYDRATE	10 G
TOTAL FAT	6 G

PREP TIME:	35 MINUTES W/ PRE-COOKED SWEET
COOK TIME:	25 MINUTES

YIELD:	12 SERVINGS
SERVING SIZE:	1 MUFFIN

INGREDIENTS:

1 C	ALMONDS (OR ALMOND FLOUR)
10	DATES, SOAKED IN HOT WATER FOR 10 MINUTES
1 C	BAKED SWEET POTATO, SKIN REMOVED
1 C	VANILLA FLAVORED PROTEIN POWDER
3	ORGANIC EGGS
1 TSP	VANILLA EXTRACT
1 TSP	GROUND CINNAMON
½ TSP	GROUND NUTMEG
¼ TSP	BAKING SODA
1 PINCH	SEA SALT

01 Poke a sweet potato all over with a fork and bake at 425 degrees F for 40 minutes. Remove the sweet potato from oven when done and reduce the oven temperature to 350F.

02 Allow the sweet potato to cool, and remove the skin.

03 Pulse the almonds in a food processor until finely ground. Add the remaining ingredients to the food processor and pulse until fully combined.

04 Generously grease a 12-muffin tin with coconut oil. Divide the batter between the 12 muffin tins and bake for 15-20 minutes.

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