

## Sweet Potato Ginger Muffins

Yield: 48 mini muffins

### Dry Ingredients:

1 cup whole-wheat flour  
 ½ cup unbleached flour  
 1/3 cup light brown sugar  
 1 ½ teaspoons ground cinnamon  
 2 teaspoons ground ginger  
 1 teaspoons baking powder  
 1 teaspoon baking soda  
 1/8 teaspoon salt

### Wet Ingredients:

1 large fresh sweet potato  
 (1 cup mashed sweet potato for recipe)  
 ½ cup natural applesauce  
 1/3 cup molasses  
 2 tablespoons canola or vegetable oil  
 2 large eggs  
 ¼ cup natural apple juice  
 2/3 cup plain non-fat yogurt

### Prepare the sweet potatoes:

- Fill a small sauce pot with water and bring to a boil over medium to high heat
- Peel and chop the sweet potato and add to the pot of boiling water until soft, about 20 minutes
- Drain the sweet potatoes in a colander over the sink and move to a bowl
- Mash the cooked sweet potatoes with two forks or potato masher
- Measure 1 cup of mashed sweet potatoes, set aside.

### Prepare the Muffins:

- Preheat oven to 350 degrees F
- Measure and add to a medium bowl: whole wheat flour, unbleached flour, brown sugar, cinnamon, ginger, baking powder, baking soda and salt (These are the DRY ingredients!). Mix together with a rubber spatula or spoon.
- In another bowl, measure and mix together the mashed sweet potatoes, applesauce, molasses, oil, eggs, apple juice, and yogurt (These are the WET ingredients!)
- Add the half of the DRY ingredients to the WET ingredients and stir to combine, once well combined, add remaining DRY ingredients to the WET ingredients and stir until thoroughly mixed
- Line the mini muffin pan with mini muffin cups or spray the muffin pan lightly with cooking spray
- Fill each muffin cup with about 1 tablespoon of batter
- Bake for 8 - 10 minutes (to check for doneness, use a knife or tooth pick, insert into muffin, if the knife comes out clean, they are done.

Note: You can make this recipe your own by changing a few ingredients. Try using fresh orange juice instead of apple juice, or what about adding nuts? Try adding walnuts or pecans, yummy!!

Inspired by an original recipe created for Recipe for Success by Chef Randy Evans  
 For more ideas on recipes to cook with your kids visit [www.recipe4success.org](http://www.recipe4success.org)

