

Sweet Potato Muffins

Serves 8-10 people

Prep time 15 mins.

Cook time 25 mins.

Ingredient:

¼ cup butter, melted

1/3 cup sorghum syrup

½ cup brown sugar

1 cup cooked sweet potatoes, mashed

2 eggs

½ cup buttermilk

1 ¾ cup whole wheat flour

1 tsp. baking powder

1 tsp. baking soda

Pinch of sea salt

1 tsp. cinnamon

1/3 candied ginger, chopped (*optional*)

Directions:

Preheat oven to 375 degrees. Lightly grease muffin tins.

In a medium sized bowl, mixed together butter, brown sugar, and sorghum. Beat in eggs, one at a time. Stir in buttermilk and sweet potato. In a separate bowl, whisk together flour, salt, baking powder, and baking soda. Pour wet ingredients into dry ingredients and stir until just combined. If using candied ginger, fold in gently. Spoon batter into muffin tins. Bake for about 25 minutes, or until a knife comes out clean when poked in center of muffin.