

Multi-Grain Sweet Potato Muffins

Makes: 16 servings

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Ingredients	Weight	Measure
Whole wheat flour	4 1/2 oz	1 cup
Enriched all-purpose flour	4 3/8 oz	1 cup
Rolled oats	2 3/4 oz	1 cup
Brown sugar		1/2 cup
Baking soda		2 tsp
baking powder		1 tsp
Ground cinnamon		2 tsp
Raisins		1/2 cup
Frozen whole eggs, thawed	3 1/2 oz	1/4 cup 3 Tbsp
OR		OR
Fresh large eggs		2 each
Sweet potatoes, canned, drained	7 oz	1 cup
Lemon juice		1 Tbsp
Nonfat milk	8 2/3 oz	1 cup
Unsweetened applesauce	2 1/8 oz	

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	145	
Total Fat	1.25 g	
Protein	4.3 g	
Carbohydrates	30.2 g	
Dietary Fiber	2.4 g	
Saturated Fat	0.31 g	
Sodium	211 mg	

Vanilla		1 tsp
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Directions

1. Blend whole wheat flour, all-purpose flour, rolled oats, brown sugar, baking soda, baking powder, and ground cinnamon in mixer on low speed. Add raisins.
2. Combine eggs, sweet potatoes, lemon juice, milk, applesauce, and vanilla in separate bowl.
3. Add liquid ingredients to dry ingredients slowly while mixing on low speed. Mix only until dry ingredients are moistened. (Batter will be lumpy.)
4. Portion with a No. 16 ($\frac{1}{4}$ cup) scoop, into muffin pans which have been lightly coated with pan release spray or paper lined.
5. Bake until lightly browned: Conventional oven: 350 °F for 15-20 minutes .
6. Remove from pan as soon as possible to cool.