



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Sweet Potato Chocolate Chip Muffins

Yield 12 muffins

Ingredients:

- 2 cups white wheat pastry flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 3 Tbsp packed light brown sugar
- 3 Tbsp sugar
- 1 cup cooked mashed sweet potatoes (about 1 medium potato)
- ¾ cup milk
- ¼ cup coconut oil, melted
- 1 egg
- 1 tsp vanilla
- 1 cup dark chocolate chips

Directions:

1. Preheat the oven to 350° F. Line muffin tins with liners.
2. In a mixing bowl combine the flour, baking soda, baking powder, salt, brown sugar, and sugar.
3. Add the mashed sweet potatoes, milk, oil, egg, and vanilla; and mix until well combined.
4. Then stir in the dark chocolate chips.
5. Divide the batter into muffin tins.
6. Bake for 20 minutes at 350° F or until a toothpick comes out clean.