



Carrot Sweet Potato Muffins

Makes 12 regular muffins | Grains | Vegetables

Ingredients

- 1 $\frac{1}{3}$ cup flour
- $\frac{1}{2}$ cup rolled oats
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup brown sugar
- 1 cup pureed sweet potato
- 1 cup pureed canned carrots
- 2 eggs
- Nonstick spray or muffin tin papers

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 375°F.
3. Coat 12 muffin pan cups with nonstick spray or line with muffin papers.
4. In a medium bowl, combine flour, rolled oats, baking soda, spices, and salt.
5. In a separate bowl, combine brown sugar, sweet potatoes, carrots, and eggs. Stir into dry mixture.
6. Fill each muffin tin $\frac{2}{3}$ full. Bake at 375°F for 20-25 minutes



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

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