

Carrot Sweet Potato Muffins

Makes 6 servings | Grains • Vegetables

Ingredients

- 1 ⅓ cup flour
- ½ cup rolled oats
- ¾ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ teaspoon salt
- ½ 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 ⅔ 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 local CNP educator.

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwyo.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.