

Sweet Potato Muffin

Allergens – **Gluten**, **Eggs**, **Milk**

Ingredients

Quantity	Ingredient
450 g	SR Flour (contains Wheat)
300 g	Sweet Potato
200 g	Margarine (Stork)
150 g	Caster Sugar
200 g	Eggs (4)
6 g	Cinnamon Powder
1 ml	Vanilla Flavouring



Method

1. Prepare required muffin tins.
2. Cook and mash sweet potatoes.
3. Cream the sugar and margarine together.
4. Beat the eggs and gently add to the creamed mixture stirring until smooth then add the vanilla flavouring.
5. Add the flour and cinnamon to the mixture and gently stir in mashed sweet potato.
6. Fill muffin cases $\frac{3}{4}$ full and bake in a moderate oven at 180°C, 350°F, Gas Mark 4, until golden brown.
7. After baking allow the muffins to cool down.

Nutritional Content per 70g

Energy (kcal)	Fat (g)	Saturated Fats (g)	NME Sugar (g)	Total Sugar (g)	Salt (g)	Carbs (g)
= 203.8	= 9.7	= 2.1	= 7.9	= 8.9	= 0.4	= 27.6

Portion size - Primary – 70g