



Sweet Potato Oatmeal Raisin Muffins

Recipe created by Carlene McIntyre

These delicious muffins are moist, dense, and chewy. If you eat them for breakfast, they'll help keep you full until it's time for your next meal.

Ingredients

- 1 medium orange sweet potato (approx. 1 and ½ cups), baked until soft and peeled
- 2 large ripe bananas
- ¼ cup date syrup
- 2 tsp cinnamon
- 2 tbsp ground flaxseeds
- ¼ cup water
- 3 cups rolled oats
- 1 cup raisins

Preparation

1. Preheat the oven to 350 degrees.
2. Place all ingredients except the rolled oats and raisins in a high-speed blender and blend until smooth and well mixed.
3. Place the mixture in a large bowl and stir in the rolled oats and raisins.
4. Evenly distribute the batter in a 12-cavity silicone or non-stick muffin pan.
5. Bake at 350 degrees for 40-45 minutes. Let cool on a wire rack for 10 minutes before removing muffins.

Notes

- The muffins won't rise during baking, so be sure to fill each cavity all the way.
- Store leftover muffins in a sealed container in the refrigerator.