



Sweet Potato Cornbread Muffins

Recipe created by Carlene McIntyre

Enjoy the goodness of these vegan, SOS-free muffins - every bite is perfectly moist and full of wholesome goodness. This recipe makes 12 muffins.

Ingredients

- 1 large (about 2 lbs) sweet potato*, baked and peeled
- 1 cup rolled oats
- 2 cups medium grind yellow cornmeal
- $\frac{3}{4}$ cup plant milk
- $\frac{1}{2}$ cup date syrup
- 1 tbsp apple cider vinegar
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp pumpkin spice

Preparation

1. Preheat the oven to 350 degrees.
2. Add all ingredients in a food processor and process using the S-blade until blended together.
3. Spoon the batter into a silicone muffin pan.
4. Bake for 25 minutes.
5. Let cool in the pan for about 10 minutes before removing the muffins.

Notes

- I use Garnet (orange) sweet potatoes baked in a 400 degree oven for about 60 minutes. Let the potato cool before peeling.
- Store in an airtight container.