

Sweet Potato Muffins

Try these muffins using chopped dates or pineapple. Serve at breakfast with cream cheese or as a snack with any mild cheese, like cheddar

Makes 10-12 muffins; serving size: 1 muffin

1/3 cup raisins, any kind
¼ cup butter, melted, or vegetable oil
1/3 cup molasses
½ cup packed light brown sugar
1 cup masked cooked sweet potato or winter squash
2 eggs
½ cup buttermilk
1 ¾ cups flour
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt (optional)
1 tsp. ground cinnamon

Preheat oven to 375 F. Oil or spray muffin tins. Mix the raisins and wet ingredients in a bowl until smooth; mix the dry ingredients in a second bowl. Combine the two, mixing gently until well blended. Spoon the batter into the muffin tins and bake on the middle shelf until lightly browned, 25 minutes.