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Christiana Campbell's Tavern Sweet Potato Muffins



Where service *and savings* matter.

Source: adapted from The Williamsburg Cookbook, 1975

YIELD: 18 Muffins

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per muffin:
calories 170, calories from fat 30,
total fat 3g, saturated fat 1g,
cholesterol 25mg, sodium 135mg,
total carbohydrate 32g, dietary fiber
1g, sugars 18g, protein 3g, vitamin
A 35%, vitamin C 2%, calcium 6%,
iron 6%

- ¼ cup Land 'O Lakes light butter
- ¼ cup unsweetened applesauce
- 1 ¼ cups sugar
- 2 eggs
- 1 ¼ cups canned sweet potatoes, mashed
- 1 ¾ cups all-purpose flour
- 2 tsp baking powder
- ¼ tsp salt
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 1 cup fat-free milk
- ¼ cup pecans or walnuts, chopped
- ½ cup raisins, chopped

DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Spray muffin tins with non-stick cooking spray or use paper liners. Cream butter, applesauce & sugar. Add eggs & mix well. Blend in sweet potatoes. Sift the flour with baking powder, salt, cinnamon & nutmeg. Add alternately with the milk. Do not over mix. Fold in nuts & raisins. Fill muffin tins full.
3. Bake at 400 degrees F. for 20 to 22 min.

Tip: Sweet potato muffins can be frozen & reheated.

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