



Oatmeal Sweet Potato Muffins

Recipe by: Holly Clegg

Ingredients:

- 1 Cup old-fashioned oatmeal
- 1 Cup all-purpose flour
- 1 Teaspoon baking powder
- ½ Teaspoon baking soda
- 1 Teaspoon ground cinnamon
- ½ Teaspoon nutmeg
- 1(15 oz) can sweet potatoes (yams), drained and mashed or 1 cup fresh sweet potatoes, cooked and mashed
- ¾ Cup light brown sugar
- 1/3 Cup canola oil
- ¼ Cup skim milk
- 1 Large egg
- 1 Teaspoon vanilla

Crumble Topping:

- ¼ Cup old fashioned oatmeal
- ¼ Cup all-purpose flour
- ¼ Cup light brown sugar
- 1 Tablespoon light margarine, melted
- 1 Tablespoon vanilla flavoring

Instructions:

Preheat oven to 400 degrees. In large bowl, combine oatmeal, flour, baking powder, baking soda, cinnamon and nutmeg. Stir in sweet potatoes, brown sugar, oil, milk, egg and vanilla, just until well moistened. Fill muffin tins 3/4 full. Sprinkle with Crumble Topping. Bake 15-20 minutes. Makes 18 muffins.

Crumble Topping:

In a bowl, mix together oatmeal, flour and sugar. With a fork, mix in margarine and vanilla until crumbly.

Serving Size: Makes 18 muffins

Cook Time: 15-20 min