

SWEET CAKE MUFFINS!

Ingredients

- 1 cup of cooked sweet potatoes puree
- 1 1/2 cup flaxseed meal
- 1 cup white sugar
- 1/2 tsp. Ground Cinnamon
- 1/2 tsp. Ground Nutmeg
- 1 3/4 cups of all purpose flour
- 1/4 teaspoon of salt
- 1 tsp. Baking soda
- 1 tsp. Salt
- 1/3 cup of water
- Optional: 1/2 cup of Pecans or Almonds



Baking Directions:

1. *Pre-heat oven to 350 degrees and spray a cake pan with oil.*
2. Combine sugar and flaxseed meal.
3. Add eggs and beat.
4. Combine flour, baking soda, salt, cinnamon and nutmeg in a separate bowl.
5. Stir flour mixture into sugar & flaxseed mixture alternately with water.
6. Stir in sweet potatoes and chopped nuts.
7. *Bake between 18 and 20 minutes in the 350 degree oven.*