

# JOs Sweet Potato Muffins

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The Church of St. Michael and St. George - St. Louis, MO - 1980

**Yield: 12 large muffins**

*1/2 cup butter*  
*1 1/4 cups sugar*  
*2 eggs*  
*2 small cans sweet potatoes, mashed*  
*1 1/2 cups flour*  
*2 teaspoons baking powder*  
*1/4 teaspoon salt*  
*1 teaspoon cinnamon*  
*1/4 teaspoon nutmeg*  
*1 cup milk*  
*1/4 cup chopped pecans or walnuts*  
*1/2 cup raisins, chopped*

Grease the muffin tins.

Preheat the oven to 400 degrees.

In a bowl, cream the butter and sugar. Add the eggs and mix. Blend in the sweet potatoes.

In a bowl, sift together the flour, baking powder, salt, cinnamon and nutmeg. Add the mixture to the batter alternately with the milk. Do not overmix. Fill the muffin tins 2/3 full.

Bake for 25 minutes.

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Per Serving (excluding unknown items): 3265 Calories; 113g Fat (30.6% calories from fat); 48g Protein; 530g Carbohydrate; 17g Dietary Fiber; 706mg Cholesterol; 2754mg Sodium. Exchanges: 13 1/2 Grain(Starch); 1 1/2 Lean Meat; 4 Fruit; 1 Non-Fat Milk; 20 1/2 Fat; 17 Other Carbohydrates.