

Sweet Potato Muffins

Helen P Perkins - Richmond, VA
Treasure Classics - National LP Gas Association - 1985

Yield: 16 muffins

1 3/4 cups all-purpose flour
1/4 cup sugar
1 tablespoon baking powder
1 tablespoon brown sugar
1 teaspoon salt
1 1/4 cups cooked mashed sweet potatoes
3/4 cup milk
1/4 cup margarine, melted
2 eggs, slightly beaten
TOPPING
1/4 cup sugar
1/2 teaspoon cinnamon
1/2 cup chopped pecans

Preparation Time: 15 minutes**Bake Time: 25 minutes**

In a large bowl, combine the flour, sugar, baking powder, brown sugar and salt. Mix well. Make a well in the center of the mixture. Add the sweet potatoes, milk, margarine and eggs, mixing only until moistened.

Spoon the batter into sixteen greased muffin pans, filling 2/3 full.

In a bowl, combine the sugar, cinnamon and chopped pecans. Sprinkle over each of the muffins.

Bake at 425 degrees for 20 to 25 minutes.

Best served with ham, pork or fowl.

Per Serving (excluding unknown items): 2291 Calories; 104g Fat (40.3% calories from fat); 46g Protein; 300g Carbohydrate; 11g Dietary Fiber; 449mg Cholesterol; 4367mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1/2 Non-Fat Milk; 18 1/2 Fat; 7 1/2 Other Carbohydrates.