

Gluten-Free Sweet Potato Muffins

Ingredients

MUFFINS

- 2-1/4 cups gluten-free all-purpose baking flour (without xanthan gum)
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground ginger
- 3 large eggs, room temperature
- 1 cup mashed sweet potatoes
- 2/3 cup honey
- 2 tablespoons coconut oil, melted
- 1 tablespoon olive oil
- 1 teaspoon vanilla extract

TOPPING (Optional)

- 3 tablespoons sugar
- 1/4 teaspoon ground cinnamon

Directions

1. Preheat oven to 350°. In a large bowl, whisk the first 8 ingredients. In another bowl, whisk eggs, sweet potatoes, honey, coconut oil, olive oil and vanilla until blended. Add to flour mixture; stir just until moistened.
2. Fill 12 greased or paper-lined muffin cups three-fourths full. Combine topping ingredients; sprinkle over batter. Bake until a toothpick inserted in center comes out clean, 25-30 minutes. Cool 5 minutes before removing from pan to a wire rack. Serve warm.

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