

NUTRITION PER SERVING:

| | |
|---------------------|------|
| CALORIES | 134 |
| PROTEIN | 9 G |
| CARBOHYDRATE | 10 G |
| TOTAL FAT | 6 G |

| | |
|-------------------|-----------------------------------|
| PREP TIME: | 35 MINUTES W/ PRE-COOKED SWEET |
| COOK TIME: | 25 MINUTES |

| | |
|----------------------|-------------|
| YIELD: | 12 SERVINGS |
| SERVING SIZE: | 1 MUFFIN |

INGREDIENTS:

| | |
|----------------|---|
| 1 C | ALMONDS (OR ALMOND FLOUR) |
| 10 | DATES, SOAKED IN HOT WATER FOR 10 MINUTES |
| 1 C | BAKED SWEET POTATO, SKIN REMOVED |
| 1 C | VANILLA FLAVORED PROTEIN POWDER |
| 3 | ORGANIC EGGS |
| 1 TSP | VANILLA EXTRACT |
| 1 TSP | GROUND CINNAMON |
| ½ TSP | GROUND NUTMEG |
| ¼ TSP | BAKING SODA |
| 1 PINCH | SEA SALT |



SWEET POTATO MUFFINS

- 01** Poke a sweet potato all over with a fork and bake at 425 degrees F for 40 minutes. Remove the sweet potato from oven when done and reduce the oven temperature to 350F.
- 02** Allow the sweet potato to cool, and remove the skin.
- 03** Pulse the almonds in a food processor until finely ground. Add the remaining ingredients to the food processor and pulse until fully combined.
- 04** Generously grease a 12-muffin tin with coconut oil. Divide the batter between the 12 muffin tins and bake for 15-20 minutes.

