



SWEET POTATO PECAN MUFFINS

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EACH BATCH MAKES 18 MUFFINS.

INGREDIENTS	X1	X2	X3	X4
Sugar (or half sugar and half light brown sugar)	2/3 cup	1 1/3 cup	2 cups	2 2/3 cups
Mild tasting oil	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Large eggs (or replace each egg with 2 T ground golden flax seed mixed with 3 T HOT water)	2	4	6	8
Sweet potato puree	1 cup	2 cups	3 cups	4 cups
Gluten free vanilla extract	1 1/2 teaspoons	1 tablespoon	1 1/2 tablespoons	2 tablespoons
Gluten free bean based flour blend	1 1/3 cups	2 2/3 cups	4 cups	5 1/3 cups
Xanthan gum	3/4 teaspoon	1 1/2 teaspoons	2 1/4 teaspoons	3 teaspoons
Baking soda	3/4 teaspoon	1 1/2 teaspoons	2 1/4 teaspoons	3 teaspoons
Gluten free baking powder (a mix of 2/3 part garfava flour, 1/3 part sorghum flour, 1 part potato or corn starch, and 1 part tapioca flour/starch)	3/4 teaspoon (if egg free, increase 1 teaspoon)	1 1/2 teaspoons (if egg free, increase to 2 teaspoons)	2 1/4 teaspoons (if egg free, increase to 3 teaspoons)	3 teaspoons (if egg free increase to 4 teaspoons)
Ground cinnamon	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Ground nutmeg	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Salt	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon

Preheat oven to 350 degrees F. Grease bread pan or line muffin cups with cupcake liners.

In a mixing bowl of a stand mixer, beat sugar, oil and eggs until well combined. Add sweet potato puree and vanilla and blend well.

In a separate bowl, whisk together the rest of the ingredients. Add the dry ingredients into the wet mixture and mix until just combined. Scrape down sided of bowl and mix again.

Pour the batter into prepared baking pan. Bake in a pre-heated oven 55-60 minutes for 8x4 1/2 bread pan, or 35-40 minutes for muffins, or until a wooden pick inserted into the center emerges clean. If desired, sprinkle with finely chopped toasted pecans or walnuts prior to baking.

To freeze extra muffins: After muffins are cooled, store in a freezer container or freezer bag, removing as much air as possible, seal, label and freezer. **To serve,** thaw muffin before eating.