

## ***Sweet Potato Muffins***

from Vegetarian Planet by Didi Emmons (with some small changes by KO)

Makes about 12 dense, moist muffins.

FYI - When I make these, I usually double this recipe, but it's quite a lot of volume and needs a rather big mixing bowl.

1 cup plus 2 Tbs. brown sugar

½ cup canola or sunflower oil

1 tsp. vanilla extract

2 eggs

2 cups unbleached white flour

2 tsp. baking powder

1 tsp. ground cinnamon

1 tsp. nutmeg

½ tsp. allspice

½ tsp, salt

2 large sweet potatoes (about 1 1/3 pound) peeled and finely grated to make about 4 cups

(note – I use my Cuisinart and use the grate attachment. Then I put the grated potato back into the machine with the regular blade and gently pulse it until it's in much finer pieces.)

½ cup golden raisins

1 cup chopped walnuts

1. Preheat oven to 350. You can oil a muffin tin or use paper liners.
2. In a small bowl, whisk together the brown sugar, oil, vanilla, and eggs.
3. In a large bowl, mix together the flour, baking powder, spices, salt. Add and mix in the grated sweet potatoes.
4. Make a well in the center and pour in the egg mixture. Stir the mixture together gradually incorporating it with the flour mixture. Stir in the raisins and walnuts.
5. Spoon the batter into the tins. Bake for 35-40 minutes until a knife or toothpick comes out mostly clean.