



## Whole Wheat Sweet Potato Muffin

### INGREDIENTS

1 cup whole wheat flour  
3/4 cup all-purpose flour  
2 teaspoons baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 1/2 teaspoons cinnamon

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1 egg  
1/3 cup canola oil  
1/2 cup plain yogurt  
1 1/3 cups brown sugar  
1 1/2 cups pureed sweet potato

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### DIRECTIONS

- Preheat oven to 350 degrees. Line 12-count cupcake pan with paper liners, then spray them lightly with cooking spray.
- Whisk together the flour, baking soda, baking powder, salt and cinnamon. In a separate bowl whisk together the egg, oil, yogurt, vanilla, brown sugar and sweet potatoes.
- Add the dry ingredients to the wet ingredients and stir until combined. Do not over mix. Divide batter between the 12 cupcake wells.

- Top with topping (recipe below) if desired.
- Bake for 23-25 minutes. Remove from oven and let cool in tin for 5 minutes before removing to finish cooling on cooling rack.

### **Topping**

1/3 cup brown sugar, packed

1/4 cup oat flour

1/2 cup all purpose flour

3 tablespoons soft butter

- Combine topping ingredients until crumbly. This makes a big batch of topping. You won't need anywhere near all of it. I always keep a bag of this in my freezer, ready made

*Original recipe called for 1 3/4 cups whole wheat flour, and no all-purpose flour.*

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