

## Desserts

# Sweet Potato Muffins

## Ingredients

3/4 cup	chickpea flour (175 ml)
3/4 cup	brown rice flour (175 ml)
1/4 cup	tapioca flour (50 ml)
1/4 cup	potato starch (50 ml)
2 tbsp	hemp seed (30 ml)
1 tsp	baking powder (5 ml)
1 tsp	baking soda (5 ml)
1 tsp	cinnamon (5 ml)
1/2 tsp	nutmeg (2 ml)
1/2 tsp	sea salt (2 ml)
1 1/2 cup	mashed cooked sweet potato (375 ml)
1 tsp	pure vanilla extract (5 ml)
1/3 cup	canola oil or safflower oil (75 ml)
1/3 cup	organic coconut milk (75 ml)
1/4 cup	maple syrup (50 ml)
1/2 cup	pecans (125 ml)

Free of dairy products, wheat, yeast, corn, sugar, eggs, soy, nightshades, and gluten.

- Mix all dry ingredients together.
- Add in wet ingredient and mix well. Stir in nuts.
- Fill muffin tins and bake 350F for 25 mins or until done.

Yields 12 muffins.