

Yam Cupcakes

1/2 cup sugar
1/2 cup 1/3 less fat margarine
3 large egg whites
1 large egg
2 (15-oz) cans sweet potatoes, drained and mashed (about 2 cups), or 2 cups fresh sweet potatoes, cooked and mashed
2 cups all-purpose flour
1 1/2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1 tsp. baking powder
1 tsp. baking soda

Preheat oven to 350 degrees. In large bowl, beat together sugar and margarine until blended. Add egg whites and egg, one at a time, beating well after each addition. Mix in sweet potatoes. In another bowl, mix together flour, cinnamon, nutmeg, baking powder and baking soda. Gradually add flour mixture to first mixture, beating well after each addition. Add vanilla. Pour batter into a cupcake pan. Bake for 20-25 minutes or until a wooden toothpick inserted comes out clean. Cool in pan on wire rack. Makes 16 servings.

* Created by Louisiana Sweet Potato Commission spokesperson, Holly Clegg.

From the website www.sweetpotato.org