

Yammy Muffins

1 3/4 cups all-purpose flour
1 tsp. baking soda
1 tsp. baking powder
1 tsp. ground cinnamon
3/4 cup light brown sugar
1/4 cup sugar
1/2 cup skim milk
1 (15-oz) can yams, drained and mashed, or 1 cup fresh yams, cooked and mashed.
1 tbsp. grated orange rind
1/3 cup orange juice
1 large egg
1 large egg white
1/3 cup canola oil
1 tsp. vanilla extract

Preheat the oven to 400 degrees. In large bowl, combine together the flour, baking soda, baking powder, cinnamon, brown sugar and sugar, mixing well. In another bowl, combine together the milk, mashed yams, orange rind, orange juice, egg, egg white, oil and vanilla. Add the liquid ingredients to the dry ingredients, stirring just until moistened. Spoon the batter into muffin pans lined with a paper cup or coated with nonstick cooking spray. Bake for 20 to 25 minutes or until the muffins are done. Makes 18 to 20 muffins.

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

From the website www.sweetpotato.org