

## Iron-Rich Sweet Potato Muffin



*Perfect for a satisfying snack or even breakfast. These iron-rich muffins have a taste reminiscent of classic molasses cookies, with a soft and light texture. Each bite offers a perfect balance of spiced sweetness, making these muffins an ideal choice to start your day with energy or to recharge in the afternoon.*

*Each muffin contains **5 mg of iron**.*

Preparation 10 min

Cooking 35 min

Servings 12

Nutrition Facts (per serving)

Calories 230

Fat 6

Carbohydrates 32

Fibre 5

Protein 11

Sodium 60

### **Ingredients**

- 250 ml (1 cup) sweet potato puree (about 1 large sweet potato)

- 180 ml ( $\frac{3}{4}$  cup) 0% plain Greek yogurt
- 125 ml ( $\frac{1}{2}$  cup) unsweetened almond milk (or 1% milk)
- 2 large eggs
- 45 ml (3 tbsp) fancy molasses
- 45 ml (3 tbsp) maple syrup (or honey)
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) textured vegetable protein (TVP), dry
- 30 ml (2 tbsp) chia seeds
- 250 ml (1 cup) unflavored oatmeal baby cereal
- 250 ml (1 cup) whole wheat or all-purpose flour
- 5 ml (1 tsp) baking powder
- 2.5 ml ( $\frac{1}{2}$  tsp) baking soda
- 5 ml (1 tsp) ground cinnamon
- 1 ml ( $\frac{1}{4}$  tsp) ground ginger
- 1 pinch of salt
- 60 ml ( $\frac{1}{4}$  cup) pumpkin seeds
- 60 ml ( $\frac{1}{4}$  cup) semi-sweet dark chocolate chips

## Preparation

1. Preheat the oven to 350°F (180°C). Prepare a 12-cup muffin tin (greased or lined with baking cups).
2. In a food processor, pulse the TVP and chia seeds until they form a fine powder.
3. In a large bowl, mix together the sweet potato puree, Greek yogurt, almond milk, eggs, molasses, maple syrup, and vanilla.
4. Add the powdered TVP and chia seeds to the wet mixture. Let the mixture rest on the counter for 10 minutes.
5. Meanwhile, in another bowl, combine the baby cereal, flour, baking powder, baking soda, cinnamon, ginger, and salt.
6. Add the dry ingredients to the wet ingredients. Mix gently with a spatula just until combined, being careful not to overmix the batter (this is the secret to keeping the muffins fluffy and moist). Finish by gently folding in the pumpkin seeds and chocolate chips.
7. Divide the batter into the muffin cups and bake for 22 to 25 minutes, or until a toothpick inserted into the center comes out clean.

## Notes

Store in an airtight container in the refrigerator for up to 7 days, or freeze for up to 3 months.

For breakfast, you can double the portion or pair the muffin with yogourt according to your hunger! For the sweet potato purée, bake or boil until the skin peels off easily (about 25-30 minutes). Mash with a fork and cool before using in the recipe.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire

Registered Dietitian Nutritionist in Quebec City