

# Sweet Potato Protein Muffins

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1/2 cup coconut flour
- 1 scoop your favourite protein powder
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1/4 tsp fine sea salt
- 2/3 cup sweet potato puree
- 1/3 cup maple syrup
- 1/2 cup coconut oil, melted
- 4 eggs, whisked
- 1/2 cup non-dairy milk or water
- Optional: 1/2 cup mini chocolate chips

## Instructions:

1. Combine all the dry ingredients in a large mixing bowl. In a separate bowl, whisk together the wet ingredients.
2. Then add the wet to the dry ingredients.
3. Place batter into muffin tin cups.
4. Bake at 350 degrees F for 30-35 minutes or until a fork inserted into the middle of the muffin comes out clean.
5. Makes 15 muffins. Or 12 if you make them larger.