

Coconut Sweet Potato Anti-inflammatory Muffins

Serves: 9-12

INGREDIENTS:

- 1 medium sweet potato, mashed
- 3/4 cup light canned coconut milk
- 1 flax egg (binding ingredient in replace of regular egg)
- 2 tbsp coconut oil
- 1/2 cup pure maple syrup or raw organic honey
- 1 cup gluten free oats, ground up
- 1/4 cup coconut flour
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 tbsp cinnamon
- 1/2 tsp ground ginger
- 1 tsp ground turmeric
- 1/8 tsp ground cloves
- 1/2 tsp ground nutmeg
- 1/2 cup vegan chocolate chips
- Non-stick spray

INSTRUCTIONS:

1. Preheat the oven to 350 degrees and take out a muffin tin. Spray with non-stick spray.
2. Make the flax egg by whisking together 1 tbsp flax seed with 2 tbsp water. Mix until combined and set off to the side.
3. Poke holes in the top of your sweet potato and place in the microwave. Cook for 3-4 minutes until soft and squishy to touch. Cut it open to let it cool.
4. Blend your oats in a blender until a flour-looking consistency. Pour into a bowl and add in the other dry ingredients ; coconut flour + baking powder + salt + cinnamon + ginger + cloves + nutmeg + turmeric
5. In a separate bowl, combine the wet ingredients; coconut oil, maple syrup/honey, coconut oil, flax egg and mashed sweet potato.
6. Combine wet ingredients and dry ingredients together - but don't over mix! Lastly, fold in the chocolate chips.
7. Scoop into your muffin tins and place in the oven for 25-30 minutes until the middle is cooked through. Test with a toothpick or fork.



Serving size: 1 muffin