



TASTE OF THE SEASON...

SWEET POTATO

Yummy Muffin

Yield – 20 muffins

- 1 ¾ cup flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 2/3 cup brown sugar
- ¼ cup sugar

- ½ cup skim milk
- 15 oz cooked yams
- 1 tablespoon orange peel
- 1/3 cup orange juice
- 1 large egg white
- 1 large egg
- 1/3 cup salad oil
- 1 teaspoon vanilla

Preheat oven to 400 degrees F.

1. In large mixing bowl, combine together the flour, baking soda, baking powder, cinnamon, and sugars. Mix well.
2. Combine together the milk, yams, orange peel, orange juice, egg, egg whites, oil and vanilla. Add liquid ingredients to the dry ingredients, stirring just until moistened. Spoon the batter into muffin pans lined with paper cup or coated with nonstick cooking spray. Bake for 20 to 25 minutes.

NOTE: You may fill a 4 oz paper soufflé cup and place on sheet tray to bake.

Nutrition Facts

Serving Size 1 sweetpotato (130 g)

Amount Per Serving	
Calories 112	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 72mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 2g	
Vitamin A 369%	Vitamin C 5%
Calcium 4%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Storage Tips:

- ✓ Store in a dry, dark place.
- ✓ Do not store in refrigerator.



The Sweet Potato is the sixth principal world food crop, and approximately 90 percent of the worlds' crop is grown in Asia.



Purchasing Sweet Potatoes

- Choose sweet potatoes that are dry and show no signs of decay.
- Good sweet potatoes will be plump and smooth.

Did you Know?

1. Native Americans were growing sweet potatoes when Columbus arrived in 1492.
2. Vardaman, Mississippi claims to be the Sweet Potato Capital of the World.
3. Despite a physical similarity and a frequent confusion with their names, yams and sweet potatoes are not even distantly related.
4. George Washington grew sweet potatoes on his farm at Mount Vernon, Virginia.
5. The Tator Day Festival, which may be the world's only festival devoted to sweet potatoes, is held in Benton, Kentucky.

Eating '5 a Day' can be a simple lifestyle change with big benefits to your health.

