Sweet Potato Peanut Butter Brownies

12 brownies

- 1¼ cup pitted dates, chopped
- ½ cup cooked and mashed sweet potato
- ¾ cup creamy peanut butter
- 2 eggs
- 1/3 cup unsweetened cocoa powder
- ⅓ teaspoon baking soda
- ¼ cup unsweetened applesauce
- ½ cup dark chocolate chips

1. Preheat oven to 375°F. Spray an 8x8” or 9x9” baking pan with nonstick cooking spray; set aside.
2. In a blender or food processor, process dates, sweet potato, and peanut butter until smooth.
3. Add eggs and applesauce. Continue to process until mixed.
4. Sift in cocoa powder and baking soda; pulse until combined.
5. Stir in chocolate chips.

Adapted from “The Lean Green Bean”

Two-Veggie Brownie Bites

16 bites

- ¾ cup cooked and mashed sweet potato
- 2 cups baby spinach
- ¼ cup unsweetened applesauce
- ½ teaspoon vanilla extract
- 2 eggs
- ½ cup brown sugar
- ¼ cup sugar substitute
- 2/3 cup unsweetened cocoa powder
- 1 teaspoon baking powder

1. Preheat oven to 350°F. Spray a mini muffin tin with nonstick cooking spray; set aside.
2. In a blender or food processor, combine sweet potato, spinach, applesauce, and vanilla. Process until smooth.
3. Blend in eggs until just mixed.
4. Add brown sugar, cocoa powder, and baking powder; continue to process until smooth.
5. Divide batter evenly between muffin cavities. Bake for 8-12 minutes, or until a knife inserted into the center comes out clean. Allow to sit for 20 minutes before removing from pan.

Adapted from “The Healthy Maven”

Microwave Sweet Potato Muffin

1 serving

- 3 tablespoons cooked and mashed sweet potato
- 1 tablespoon creamy peanut butter
• 1 tablespoon unsweetened applesauce
• 1 tablespoon milk of choice
• 1 tablespoon white whole wheat flour
• ¼ teaspoon baking powder
• 1 teaspoon mini chocolate chips

1. Spray a 6” ramekin with nonstick cooking spray; set aside.
2. In a small bowl, mix sweet potato, peanut butter, applesauce, and milk.
3. Add flour and baking powder; stir until just combined.
4. Fold in chocolate chips.
5. Scoop batter into ramekin. Microwave for 2 minutes.

Adapted from “The Lean Green Bean”

**Whole-Grain Sweet Potato Muffins**

_16 muffins_

• 2 cups white whole wheat flour
• 1 teaspoon baking soda
• ½ teaspoon salt
• ½ tablespoon cinnamon, divided
• ¼ teaspoon nutmeg
• ¼ teaspoon ginger
• ¼ teaspoon cloves
• ¼ cup unsweetened applesauce
• 2 eggs, lightly beaten
• 1 teaspoon vanilla extract
• ½ cup honey
• ¾ cup nonfat vanilla Greek yogurt
• 1 cup cooked, mashed sweet potato
• ¼ cup old-fashioned rolled oats
• ¼ cup brown sugar

1. Preheat oven to 350°F. Spray a muffin tin with nonstick cooking spray; set aside.
2. In a large bowl, mix flour, baking soda, salt, 1 teaspoon cinnamon, nutmeg, ginger, and cloves.
3. In a separate bowl, whisk together applesauce, eggs, vanilla, honey, yogurt, and sweet potato.
4. Stir wet ingredients into dry ingredients until just combined.
5. To create streusel topping, blend oats, brown sugar, and remaining cinnamon in a food processor.
6. Divide batter evenly between muffin cavities. Sprinkle streusel topping over unbaked muffins. Bake muffins for 12-15 minutes, or until a knife inserted into the center comes out clean.

Adapted from “Allrecipes.com”

**Sweet Potato Almond Butter Muffins**

_9 muffins_

• 1 tablespoon ground flaxseed
• 3 tablespoons warm water
• ¾ cup cooked and mashed sweet potato
• 1/3 cup brown sugar
• 2 tablespoons unsweetened applesauce
• 1 teaspoon vanilla extract
• 1 cup milk of choice
• 1 cup white whole wheat flour
• 1 teaspoon baking powder
• ½ teaspoon baking soda
• ¼ teaspoon salt
• ½ teaspoon cinnamon
• ½ cup oat flour, ground from old-fashioned rolled oats
• 3 tablespoons creamy almond butter

1. Preheat oven to 375°F. Spray a muffin tin with nonstick cooking spray; set aside.
2. In a small bowl or mug, whisk flaxseed with water to form “flax egg”. Place in the refrigerator for 5 minutes to gel.
3. In a medium bowl, mix “flax egg”, sweet potato, brown sugar, applesauce, and vanilla.
4. Whisk in milk.
5. Combine white whole wheat flour, baking powder, baking soda, salt and cinnamon in a flour sifter; sift over wet ingredients.
6. Add oat flour, stirring until just incorporated.
7. Divide batter evenly between muffin cavities. Drop 1 teaspoon almond butter onto the center of each muffin and gently swirl around with a toothpick or knife. Bake for 20-22 minutes or until golden brown and a knife inserted into the center comes out clean.

Adapted from “The Minimalist Baker”

Flourless Sweet Potato Muffins
12 muffins
• 2 cups old-fashioned rolled oats, ground into flour
• ½ cup sugar (can use half sugar substitute)
• 1 tablespoon baking powder
• 1 teaspoon nutmeg
• 1 teaspoon cinnamon
• Pinch salt
• 1 cup cooked and mashed sweet potato
• 1 cup milk of choice
• 1 egg
• 1 teaspoon vanilla extract
• 3 tablespoons peanut butter
• 3 tablespoons almond butter

1. Preheat oven to 350°F. Spray a muffin tin with nonstick cooking spray; set aside.
2. In a large bowl, mix oat flour, sugar/sugar substitute, baking powder, and spices.
3. Stir in sweet potato.
4. In a separate bowl, whisk milk, egg, and vanilla. Pour into the dry ingredients and mix well.
5. In a small bowl, melt peanut and almond butter for 30-45 seconds in the microwave.
6. Stir melted nut butter into oat mixture until well-combined.
7. Divide batter evenly between muffin cavities. Bake for 25-30 minutes, or until a knife inserted into the center comes out clean.

Adapted from “Big Man’s World”