



SWEET POTATO MUFFINS & WAFFLES

2 $\frac{3}{4}$ cups all-purpose flour
½ cup sugar
½ cup brown sugar
1 tablespoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon ground allspice
1 $\frac{1}{4}$ cups shredded carrots
 $\frac{3}{4}$ cup low-fat milk
½ cup low-fat buttermilk
½ cup ricotta cheese
½ cup mashed cooked sweet potato
 $\frac{1}{4}$ cup vegetable oil
1 tablespoon vanilla extract
1 large egg white & 1 large egg
Cooking spray

Preheat oven to 400 degrees. Combine first 8 ingredients in a large bowl. Stir in carrot; make a well in the center. Combine milk and next 6 ingredients (milk through eggs) and stir well with a whisk. Add to flour mixture, stirring just until moist. Spoon batter into 18 muffin cups coated with cooking spray. Bake at 400 degrees for 20 minutes, or until done. Remove from pans immediately and cool on a wire rack. Makes 18 muffins.

Nutty Sweet Potato Waffles: These muffins work for breakfast, lunch or dinner. They are a substantial waffle, not necessarily for syrup, and might go well with honey-sweetened yogurt. This recipe is adapted from "Simply in Season."

½ cup butter, melted
2 cups sweet potatoes, cooked and mashed
6 eggs, beaten
2 cups milk, stirred into cooled butter, eggs, and sweet potatoes
1 cup whole wheat flour
1 cup rolled oats, finely ground in blender
1 cup walnuts, pecans, or hazelnuts, finely ground
2 tablespoons baking powder
2 teaspoons salt.

Sift together dry ingredients into the sweet potato mixture. Mix until combined. Bake into hot waffle iron.