

## Dinner Tonight!

### Simple Sweet Potato Muffins

2/3 cup mashed sweet potatoes	1/2 teaspoon salt
2 Tablespoons margarine	1/2 teaspoon cinnamon
1/2 cup sugar	1/4 teaspoon nutmeg
1 egg	1/2 cup fat-free milk
3/4 cup flour	1/4 cup chopped pecans
2 teaspoons baking powder	1/4 cup chopped raisins

Coat a 12 cup muffin tin with non-stick cooking spray. In a medium mixing bowl, cream margarine and sugar. Add egg and sweet potatoes; mix well. In a separate large mixing bowl, combine flour, baking powder, salt and spices. Alternate adding milk and sweet potato mixture to the dry ingredients in the large mixing bowl. Fold in nuts and raisins. Spoon into the greased muffin tin, filling each cup 2/3 full. Bake at 400° F for 25 minutes or until golden brown. Let cool about 5 minutes before serving.

Preparation Time: 15 minutes  
Cook Time: 25 minutes  
Serves: 12 portions (1 muffin each)

Nutrition facts per serving:  
Calories: 140  
Total Fat: 6 g  
Cholesterol: 15 mg  
Sodium: 240 mg  
Total Carbohydrate: 21 g  
Protein: 2 g

Serve with: Low-fat milk or yogurt