



SWEET POTATO MUFFINS – SERVES 8



Packed with all the goodness of sweet potato, these muffins are simple to make and are delicious as a lunch time snack.

INGREDIENTS

250g sweet potato
2 spring onions
½ tsp. chilli powder
3 medium free-range eggs
50g cottage cheese
125g wholemeal self-raising flour
20g parmesan cheese
1 tbsp. sunflower seeds

ALLERGENS

Contains gluten, eggs and dairy

DIETARY COMPONENTS

Sweet potatoes are a rich source of fibre and contain an array of vitamins and minerals. One medium sweet potato counts as one of your five-a-day, unlike white potato which does not.

EQUIPMENT

Vegetable peeler
Grater
Mixing bowl
Knife
Chopping board
Tablespoon
Teaspoon
Muffin tray
Paper cases
Spatula
Fork
Weighing scales

METHOD

1. Pre-heat the oven to 180°C/350°F/gas 4. Line a muffin tray with 8 paper cases.
2. Peel the sweet potato and coarsely grate, then place into a mixing bowl.
3. Finely chop the spring onions and add to the sweet potatoes.
4. Crack the eggs into a separate bowl and whisk with a fork.
5. Add the eggs to the potato mix along with the flour, chilli powder, parmesan cheese and cottage cheese. Combine with a spatula.
6. Equally divide the mixture between the 8 muffin cases. Sprinkle on the sunflower seeds and then place into the oven for 40-45 minutes or until golden and set. Best served warm.