



Market Basket *of the month*

January Recipes

Sweet Potato Mini Muffins

Makes 12 muffins

Ingredients

- 4 tablespoon margarine or butter
- 1/2 cup sugar
- 2/3 cup cooked mashed sweet potatoes
- 1 egg
- 3/4 cup flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 cup skim milk
- 1/4 cup chopped pecans
- 1/4 cup chopped raisins

Directions:

1. Pre-heat your oven to 400°F.
2. In medium bowl, cream margarine and sugar together using a mixer.
3. Add egg and cooked sweet potatoes; mix well.
4. In the large bowl, stir flour with baking powder, salt, and spices.
5. Alternate adding milk and the potato mixture to the large bowl with your dry ingredients. Fold in nuts and raisins.
6. Spoon into greased 1 1/2 inch mini muffin tins, filling each 2/3 full. Bake at 400°F for 10 minutes or until golden brown.
7. Let cool for about 5 minutes before serving.

Source: Texas A&M Extension



Sweet Potato Pancakes

Makes 4 servings

Ingredients

- 1 cup complete pancake & waffle mix (or 1 8-ounce package)
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla
- 3 teaspoons brown sugar (1 Tablespoon, packed)
- 1/2 cup mashed sweet potatoes (or winter squash, or pumpkin (baked or canned))
- 3/4 cup water
- chopped nuts (1/4 cup, optional)

Directions:

1. Combine all ingredients and stir just until large lumps disappear. Over-stirring will cause tough pancakes.
2. Pour slightly less than 1/4 cup batter for each pancake onto skillet or electric griddle at 350°F-375°F.
3. When pancakes bubble around edges and towards center, sprinkle with chopped nuts (if you choose) and flip pancakes.
4. Pancake is done when bottoms are golden brown.
5. Serve with applesauce or syrup.

Source: MyPlate.gov

Market Basket of the Month is a WellSpan Community Health & Wellness initiative. To view monthly newsletters, go to: www.wellspan.org/marketbasket

