



Flourless Chocolate Chip Sweet Potato Muffins

Yield: 12 muffins

Prep Time: 15 minutes

Total Time: 40 minutes

Ingredients:

- 1 medium sweet potato
- 2 ripe bananas, peeled
- 2 eggs
- 1 cup creamy peanut butter
- 2 tablespoons maple syrup
- 1½ tablespoons vanilla extract
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ cup mini semi-sweet chocolate chips

Flourless Chocolate Chip Sweet Potato Muffins

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories231.7

% Daily Value*

Total Fat	14.9 g	19 %
Saturated Fat	4.1 g	21 %
Trans Fat	0 g	
Cholesterol	31.1 mg	10 %
Sodium	256.4 mg	11 %
Total Carbohydrate	19.8 g	7 %
Dietary Fiber	2.7 g	10 %
Total Sugars	13 g	
Added Sugars	8.5 g	17 %
Protein	7.2 g	
Vitamin D	0.2 mcg	1 %
Calcium	21.9 mg	2 %
Iron	0.5 mg	3 %
Potassium	317.2 mg	7 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at cronometer.com

</>

Instructions:

1. Preheat oven to 350 degrees F. Line a muffin tin with cupcake liners or grease with nonstick spray. Set aside.
2. Place the sweet potato on a microwave-safe plate. Pierce the potato with a fork several times.
3. Microwave on high for 5 minutes. Remove from the microwave. If the potato is not soft, continue microwaving on 30 second increments until tender. Set aside and let cool completely.
4. In the bowl of a food processor, combine the bananas, eggs, peanut butter, maple syrup, vanilla extract, baking soda and salt. Pulse until a smooth mixture forms.
5. Carefully peel the sweet potato and roughly chop into pieces. Add the sweet potato into the food processor with the other ingredients and purée until smooth. Gently stir in the chocolate chips with a spatula.
6. Fill each of the prepared muffin tin cups about $\frac{3}{4}$ full with batter.
7. Bake for 20 to 22 minutes until the muffins are set, and a toothpick inserted into the center comes out clean. Cool completely before serving.