

## Sweet Potato Muffins

Low carb goodness – get one while they're warm!

### Ingredients

- 1 ½ cup almond flour
- 1 cup cooked sweet potato, mashed
- 3 large eggs
- ½ cup bulk sugar substitute
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1 tsp cinnamon
- ¼ tsp nutmeg



### Directions

1. Preheat oven to 375 degrees. Spray a 6 cup muffin tin or use paper liner cups. (I like the crispness without the liner).
2. Mix all of the ingredients in a bowl until combined and then spoon the mixture evenly into the muffin cups.
3. Bake for 25 minutes until the muffin tops turn golden brown and toothpick comes out clean.
4. Remove the muffins from the oven and let cool for 5 minutes before serving.

Note: You can add nuts to the batter for a little bit of crunch.

Makes 6 servings

### Nutrition Facts:

Calories 205  
Total Fat 14g  
Effective Carbohydrates 9g  
Dietary Fiber 4g  
Protein 9g

From The Good Carb Chef