

Sweet Potato & Orange Muffins

Ingredients

- ⅔ cup all-purpose flour
- ⅔ cup whole wheat flour
- 1 ½ teaspoons baking powder
- 1 ¼ teaspoons baking soda
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¾ cup sweet potatoes (yams), cooked or canned/drained
- ⅓ cup brown sugar
- 1 egg, lightly beaten
- ⅔ cup orange juice
- ¼ cup carrot, grated
- ¾ teaspoon vanilla

<https://foodhero.org/>

Instructions

1. Preheat oven to 400 degrees. Lightly oil muffin tins for 12 muffins.
2. In a medium bowl, combine flours, baking powder, baking soda, cinnamon and nutmeg.
3. In a separate bowl, combine sweet potatoes, brown sugar, eggs, orange juice, carrots and vanilla. Mix well.
4. Add dry ingredients to liquid ingredients. Stir gently until flour is just moistened.
5. Fill muffin tins 3/4 full. Bake 20 minutes or until tops are browned and bounce back when touched lightly in the center.
6. Cool 5 minutes and loosen around the edge of each muffin to remove from tins.
7. Cool completely then store in an air-tight container at room temperature



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Panecillos (Muffins) de Camote y Naranja

Ingredientes

- ⅔ taza de harina
- ⅔ taza de harina de trigo integral
- 1 ½ cucharaditas de polvos de hornear
- 1 ¼ cucharaditas de bicarbonato de sodio
- ¾ cucharadita de lataela, molida
- ¼ cucharadita de nuez moscada molida
- ¾ taza de puré de camote, (cocido o enlatado/escurrido)
- ½ taza de azúcar morena
- 1 huevo, ligeramente batido
- ⅔ taza de jugo de naranja
- ¼ taza zanahoria, rallada
- ¾ cucharadita de vainilla

<https://foodhero.org/>

Instrucciones

1. Precaliente el horno a 400 grados F. Engrase ligeramente 12 moldes individuales para panecillos (muffins).
2. En un tazón mediano, combine las harinas, el polvo de hornear, el bicarbonato de sodio, la canela, y la nuez moscada. Mezclar bien.
3. En un recipiente aparte, agregue el puré de camote, el azúcar moreno, el huevo, el jugo de naranja, la zanahoria y la vainilla. Mezclar bien.
4. Añade los ingredientes secos a los ingredientes líquidos. Revuelva suavemente hasta que la harina esté apenas húmeda.
5. En el molde preparado, llene cada molde de masa a 3/4 de capacidad. Hornéalos por 20 minutos hasta que los panes se doren y recuperen su forma después de ligeramente tocar la superficie en el centro .
6. Deje enfriar durante 5 minutos y afloje alrededor del borde de cada panecillo para retirarlos de los moldes.
7. Deje enfriar completamente y guarde en un recipiente hermético a temperatura ambiente.



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