

Farm-to-School Cooking with Kids: November

Each month *The Teaching Kitchen* will be providing 30-minute hands-on cooking workshops to your children in their classrooms. The workshops will teach the children nutrition information and cooking skills. After each classroom lesson we will give you the recipe, so you can replicate it at home, as well as some of the nutrition information we shared.

Sweet Potato Muffin Recipe:

Adapted from allrecipes.com

Yields about 24 muffins

Ingredients:

2 ½ cups all-purpose or whole wheat flour
½ cup rolled oats
4 teaspoons pumpkin pie spice
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon salt
1 ½ cups mashed sweet potatoes
1 cup brown sugar
1 1/3 cup vegetable oil
½ cup applesauce
3 eggs
1 teaspoon vanilla extract

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease or line 24 muffin tin with paper cup liners.
2. Combine flour, oats, pumpkin pie spice, baking soda, baking powder, and salt together in a bowl. Whisk mashed sweet potatoes, brown sugar, vegetable oil, applesauce, eggs and vanilla extract together in a separate large bowl. Stir flour mixture into sweet potato mixture; mix well.
3. Pour the batter into the prepared muffin tin.
4. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 12 to 18 minutes.

Why this recipe now?

- This is an easy and healthier dessert to make for the holidays.
- Pumpkin, oats, and applesauce add extra nutrients, including fiber and Vitamin A.
- Make your own pumpkin pie spice: 2 teaspoons cinnamon, ½ teaspoon nutmeg, ½ teaspoon allspice, 1 teaspoon ground ginger