



MADELEINE'S SWEET POTATO AND RED PEPPER MUFFINS

3 MINS
PREP

25 MINS
COOK

VEGGIE

A great sweet and savoury snack, these vegetarian muffins only take 30 minutes to make and are great for weaning!

WHAT YOU NEED

- 1 grated sweet potato
- 1 roasted red pepper, drained
- 250g of spelt flour
- 1 tsp of baking powder
- 1 tsp of baking soda
- 1 tsp of cumin seeds
- 1 tsp of tumeric
- 1 egg
- 2 tbsp of olive oil
- 200 ml of plant based milk

WHAT TO DO

1. Pre-heat the oven to 200°C
2. Line 10 large muffins - you will need a tray.
3. Pop everything in the food processor and process for 30 seconds. Pour the batter into the muffin liner and bake for 25 minutes.