

Orange 'n Yam Muffins

Makes 12 muffins

1½ cups flour, all-purpose
1 cup light brown sugar, packed
1 teaspoon baking powder
¾ teaspoon ground allspice
½ teaspoon baking soda
¼ teaspoon salt
2 large eggs
¼ cup vegetable oil
¼ cup orange juice
¼ cup canned sweet potatoes or yams, mashed
1 cup golden raisins or seedless raisins
1 tablespoon grated orange peel

Preheat oven to 400° F. Grease twelve 2½-inch muffin tins. In a large bowl, combine the flour, brown sugar, baking powder, allspice, baking soda and salt. In a medium bowl, combine the eggs, oil, orange juice and mashed sweet potato; stir into the dry ingredients until just mixed. Quickly fold in the raisins and orange peel.

Spoon the batter into the prepared muffin tins. Bake 18 to 20 minutes or until a toothpick inserted in center comes out clean. Remove the muffins to wire racks to cool slightly.

Serving Ideas: Serve warm with sweet butter.

Recipe By: Adapted from [The Perfect Potato](#), by Diane Simone Veza, Running Heads, Inc., New York, 1993. p. 138.