

Cranberry and Sweet Potato Bran Muffins

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1 cup bran flakes
1/2 cup milk
3/4 cup sweet potatoes (already cooked, peeled and mashed)
1 egg
1/2 cup sugar
1/3 cup melted butter (cooled to warm)
1/4 teaspoon salt (if you are using salted butter then omit this salt)
1 1/2 cups flour
1 1/2 teaspoon baking powder
1 teaspoon cinnamon
dash of ground cloves
1/4 teaspoon baking soda
1/2 cup dried cranberries

1. In a large bowl - stir the milk, bran flakes and sweet potatoes together and allow the bran flakes to soften for about 10 minutes.
2. Mix the melted butter, sugar and egg with a whisk.
3. Stir the sweet potato/bran/milk mixture together with the egg/butter/sugar mixture.
3. Now, with a wooden spoon, mix the remaining ingredients (except for the dried cranberries) - stir just until the flour has been mixed in.
4. Add the dried cranberries and stir - the dough should be a little on the stiff side.
5. Spray the muffin tin (or if you prefer - use paper muffin liners). With 2 large tablespoons - drop the dough in the muffin tin - (this recipe makes a perfect amount for a 12 count regular sized muffin tin) .
6. Bake in a preheated 375 degree oven for 20 to 25 minutes (or until a toothpick inserted comes out clean).

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Allow to cool and ENJOY!

