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## *Low Sodium Savory Sweet Potato Muffins*

*Makes 9 muffins*

### *Ingredients:*

1 cup sweet potato puree  
1 cup oat flour  
½ cup cornmeal  
2 TBSP tapioca flour  
2 tsp baking powder  
1 tsp baking soda  
1 tsp lemon juice  
¼ tsp sea salt  
1/3 cup milk (or milk substitute)  
1 tsp coconut aminos  
pinch of black pepper  
1 TBSP fresh thyme, finely chopped  
2 TBSP fresh parsley, finely chopped  
1 TBSP hemp seeds, for sprinkling on top

### *Preparation:*

1. Preheat the oven to 350F. In a large bowl, combine all the ingredients. Stir to evenly mix.
2. Lightly oil or line a muffin pan. Fill each muffin ¾ of the way with batter (I got 9 muffins, but you may get more or less depending on your pan).
3. Bake for approximately 25 minutes.
4. Let them cool for at least 10 minutes before removing from the pan and eating.  
Keep leftovers in the fridge.



*Food Fairy Note:*

Adapted from: <https://www.feastingonfruit.com/sweet-potato-herb-savory-muffins/>