

Southern-inspired Sweet Potato & Corn Muffins

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/cheese-stuffing-turkey-southern-recipe>

Ingredients:

- 1 1/2 cups oat flour or whole wheat flour
- 1/2 cup cornmeal
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 4 tablespoons coconut sugar or raw sugar or Stevia
- 1 whole egg
- 1 cup almond milk unsweetened
- 3 tablespoons coconut oil
- 246 grams sweet potato mashed, roughly a medium-sized sweet potato
- 4 slices turkey or center-cut pork bacon, nitrate-free, uncured
- 1/2 cup reduced fat shredded cheddar cheese
- 1/3 cup chopped green onion
- 1 jalapeño chopped, seeds removed**

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 75 milligrams
4. Fat: 21 grams
5. Fiber: 7 grams
6. Protein: 22 grams
7. SaturatedFat: 11 grams
8. Sodium: 650 milligrams
9. Sugar: 14 grams

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