

Savoury Sweet Potato Muffins with Avocado Frosting

INGREDIENTS

- 2 cups oats blend until it forms a flour
- 2.5 cups sweet potato steamed or baked
- 1 zucchini grated
- 3/4 cup filtered water
- 1/3 cup flax meal
- 4 Tbsp maple syrup
- 3 Tbsp almond butter
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 lemon juice only
- Sea salt and cracked black pepper



AVOCADO FROSTING

- 1 clove garlic minced
- 2 ripe avocados
- 2 Tbsp fresh coriander
- 1.5 Tbsp nutritional yeast (optional)
- 1/2 tsp sea salt
- cracked black pepper
- sesame seeds to sprinkle on top (optional)

INSTRUCTIONS

1. Preheat your oven to 350°, fan-forced.
2. Once you have ground the oats to a flour and cooked your sweet potato, place your flax meal into a medium bowl with the water. Set aside for 10-15 minutes to absorb.
3. Meanwhile, blend your sweet potato until it forms a puree. Add the almond butter, maple syrup, lemon juice and blend again.
4. Next, place the baking powder, soda and oat flour into a medium bowl. Combine well.
5. Stir the "flax egg" into the sweet potato puree.
6. Then combine sweet potato/flax mix with the dry mixture. Add a splash or two of nut milk or water if required.
7. Fold through the grated zucchini.
8. Line a tray with a muffin tin lined with baking cups, and then scoop the muffin mix in.
9. Place in the oven for 40-50 minutes. Check with a fork or skewer.

Avocado frosting

1. In a small processor or using a hand-mixer, blend all the ingredients together to form a frosting.
2. Lather each muffin in about 1-2 Tbsp of the avocado smash.
3. Sprinkle with sesame seeds, sprouts, chili, fresh herbs etc. to serve. Enjoy! [Link to website](#)