

A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## Sweet Potato Muffins

### Ingredients

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- 2 cups flour
  - 2 cups sweet potato puree
  - 2 large eggs
  - 1 cup brown sugar
  - 1 tsp cinnamon
  - 1 tsp vanilla
  - $\frac{1}{2}$  cup oil
  - $\frac{1}{2}$  tsp baking powder
  - $\frac{1}{2}$  tsp baking soda
  - $\frac{1}{2}$  tsp salt
  - $\frac{1}{4}$  tsp freshly grated nutmeg
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### Directions

Preheat your oven to 375F. Grease a 12-count muffin pan. Set aside. Whisk together all the dry ingredients in a mixing bowl. Then add all the remaining wet ingredients. Continue to whisk together until all the ingredients are just combined. Fill each muffin tins  $\frac{3}{4}$  full. Bake for 20 minutes or until toothpick inserted comes out clean. Let the muffins cool completely.



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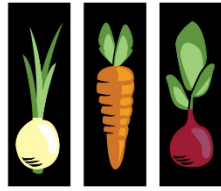
## Sweet Potato Pancake

### Ingredients

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- 2 cups flour
  - 2 cups milk
  - 2 eggs
  - 1 cup sweet potato puree
  - 1 tsp cinnamon
  - 1 tsp baking soda
  - 1 tsp baking powder
  - 1 tsp vanilla
  - ¼ cup oil
  - ¼ cup sugar
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### Directions

Whisk all the dry ingredients together in a mixing bowl. Add in all the wet ingredients. Whisk everything together until there are no lumps left. Heat a nonstick pan over medium high heat for 1 minute. Using a small ladle, pour 1 ladleful of batter into the pan. Allow to bubble around the edges. When the edges begin to look dry, flip the pancake over with a spatula. Cook for 30 seconds and transfer to a plate. Repeat the same steps until you've gone through all the batter.



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## Sweet Potato Pudding

### Ingredients

- 2  $\frac{1}{2}$  lbs sweet potatoes, cubed
- 1 egg
- 1 tsp kosher salt
- 1 tsp vanilla
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{4}$  cup milk
- $\frac{1}{4}$  tsp freshly grated nutmeg
- Whipped cream (optional)

### Directions

Place the sweet potatoes in a pot and fill with enough water to cover the potatoes by an inch. Drain the potatoes. Use a submersion blender to puree the potatoes. Stir in the nutmeg, milk, vanilla, brown sugar and salt. Let cool for 10 minutes. Add in the egg. Using the submersion blender again, combine all the ingredients. Transfer the pudding to an Instapot and set timer for 20 minutes. Allow the pudding to cool completely. Spoon into glasses and top with whipped cream.

As an alternative, you can also bake the pudding in a 8x8 baking pan for 20 minutes.