

Vegan Sweet Potato Cupcakes

A delectable way to use sweet potatoes.

Servings 12

Prep Time 30 minutes

Cooking Time 20 minutes

Ingredients

- 1 1/4 cup all purpose flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp ginger
- 1/8 tsp nutmeg
- 1/4 cup vegan butter, softened
- 2/3 cup organic sugar
- flax egg (1 tbsp ground flax seed, 3 tbsp water)
- 1 tsp vanilla extract
- 1/2 cup vegan buttermilk (1/2 cup plant milk with 1 tbsp lemon juice)
- 3/4 cup sweet potato puree (canned or freshly boiled)

Instructions

- Preheat oven to 350 degrees. Line 12 muffin cup with liner or lightly grease with a little cooking spray. Mix the flax seed and water. Allow to set for 10 minutes.
- In a medium mixing bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg. In a small bowl mix together the butter and sugar, until light and fluffy. Combine the bowls and add in the flax egg. Measure out the plant-based milk and add the lemon juice. Let sit for 1 minute and then add in to the mix. Finally add in the vanilla and stir until everything is combined.
- Fill the muffin cups about 2/3 of the way full, roughly 2 heaping teaspoons worth. Bake for about 20 minutes or until tooth pick inserted into center comes out clean. Cool for about 5 minutes in the muffin tin and then remove to a wire rack to cool further. Enjoy!