



### **Pecan Cinnamon Roll Sweet Potato Muffins**

*Sweet potato muffins with cinnamon roll flavor and drizzled with cream cheese glaze*

#### **Cinnamon Pecan Filling**

2/3 cup chopped pecans, toasted  
1/3 cup packed brown sugar  
1 teaspoon (each) ground cinnamon; pure vanilla extract  
1/4 teaspoon salt  
3 Tablespoons unsweetened almond milk or low-fat milk  
2 Tablespoons melted butter  
2 Tablespoons all-purpose flour

#### **Muffins**

2-1/2 cups all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/4 teaspoon baking soda  
1/4 teaspoon ground nutmeg  
1/2 cup unsalted butter, room temperature  
3/4 cup packed brown sugar

2 eggs  
2/3 cup pureed sweet potatoes  
1 teaspoon vanilla extract  
2 Tablespoons unflavored almond milk or low-fat milk  
1/3 cup unflavored almond milk or low-fat milk  
1 teaspoon lemon juice

### **Cream Cheese Yogurt Glaze**

1/3 cup unflavored Greek yogurt  
1/3 cup confectioners' sugar  
1 oz. honey nut low fat cream cheese

1. **Preheat oven** to 350 degrees F. Line 12 to 15 muffin cups with cupcake liners or lightly grease nonstick muffin cups, amount depends on size of muffin cups
2. **Prepare Filing:** Combine pecans, brown sugar, cinnamon, vanilla, and salt. Stir in almond milk, melted butter, and flour. Set aside.
3. **Prepare the Muffins:** In a medium sized bowl, combine lightly spooned flour, baking powder, salt, baking soda and nutmeg Set aside.
4. **In a Mixing Bowl,** cream butter and brown sugar; Add eggs, one at a time; mix in sweet potato puree, 2 Tablespoons almond milk, and vanilla until combined. Alternately stir in dry and wet mixtures into the sweet potato mixture, starting and ending with the dry ingredients. Do not overmix. The dough will be thick.
5. **Spoon into Muffin Pan:** Place about 1-1/2 Tablespoons batter evenly over the bottom of each muffin cup. Spoon about 1 Tablespoon prepared filling into the cups; spoon about 1-1/4 tablespoon muffin batter over filling, fill the cups about 2/3 to 3/4 full Don't be concerned if you can still see some of the filling.
6. **Bake** in 350-degree F oven for about 25 minutes or tests done with a wooden toothpick inserted in center which comes out clean. Remove from oven; let cool 10 minutes on wire rack. Carefully, remove from pan or when cool enough to handle, carefully remove paper muffin liners.
7. **Prepare Glaze:** In a small bowl, combine yogurt, confectioners' sugar, and cream cheese, stir well. Drizzle or spread glaze over muffins.  
Yield: 12 large muffins or 15 medium sized muffins

**Cook's Note:** I used canned sweet potato puree for these muffins. I usually place a cookie sheet or pan on a lower rack when baking muffins or pies to catch any drippings. These muffins are not overly sweet and make a good breakfast muffin.

**About the Recipe:** These not-too-sweet potato muffins are rippled with pecan cinnamon roll flavor. They are wonderful to serve for breakfast or a quick snack with a cup of your favorite coffee or tea. For a sweeter touch, drizzle them with cream cheese yogurt glaze.