Noble Alchemy

Sweet Potato Pecan Muffins

There's something about a warm muffin that just feels like comfort food. This healthier version is soft and tender inside, lightly sweet, warmly spiced, and topped with crunchy pecans that get beautifully toasted in the oven. They're hearty enough for breakfast, but just sweet enough to feel like a treat without being a sugar bomb. And they're especially good slightly warm when the kitchen still smells like cinnamon.

And if you fold in fresh blueberries? Those little bursts of juicy sweetness take an already fantastic muffin somewhere else entirely.

Choose organic ingredients whenever possible.

Be sure to watch the demo on my YouTube channel.

Ingredients

- 1 cup cooked and mashed sweet potato, cooled
- 1/2 cup mashed ripe banana
- 1/3 cup cottage cheese
- 1/4 cup creamy almond butter
- 3 tablespoons date syrup
- 1/2 teaspoon vanilla powder
- 1 cup oat flour
- 1/2 cup fine blanched almond flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon sea salt
- 3/4 cup pecans, divided

Instructions

Preheat the oven to 350°F and line a 12-cup muffin pan with parchment liners.

Take 1/2 cup of the pecans and toast them in a dry skillet over medium-low heat for about 4–6 minutes, stirring frequently, until fragrant. Remove from the heat and let them cool, then roughly chop them. Roughly chop the remaining 1/4 cup untoasted pecans and set them aside for the muffin tops.

Blend the sweet potato, banana, cottage cheese, almond butter, date syrup, and vanilla powder until smooth.

In a large bowl, combine the oat flour, almond flour, baking powder, baking soda, cinnamon, nutmeg, and sea salt.

Pour the wet mixture into the dry ingredients and stir just until combined. Fold in the toasted pecans.

Optional Blueberry Variation

These muffins are very delicious with added blueberries. Gently fold 1 cup fresh blueberries into the finished batter along with the toasted pecans before dividing the batter among the muffin cups. Continue with the recipe as written.

Divide the batter evenly among the 12 muffin cups. Sprinkle the remaining raw pecans over the tops.

Bake for 20–25 minutes, until the tops are set and a toothpick inserted into the center comes out clean or with a few moist crumbs.

Let the muffins cool in the pan for about 10 minutes before transferring them to a cooling rack. Cool completely before removing the muffin wrappers.

Makes 12 muffins.

Bon appetit!