

## **Yam and Jam Muffins**

1 $\frac{3}{4}$  cup all purpose flour  
1/3 cup packed brown sugar  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
1 tsp. cinnamon or pie spice  
1/4 tsp. salt  
1/2 of a 17 oz. can sweet potatoes, drained (about 1 cup)  
1 beaten egg  
1/2 cup milk  
1/3 cup jam or preserves (apple, peach, apricot, etc)  
1/4 cup cooking oil  
1 recipe Jam icing

Lightly grease 12 muffin cups or line with baking cups. Set aside. In large bowl combine flour, brown sugar, baking powder, baking soda, cinnamon, salt. Set aside.

In another bowl mash sweet potatoes with a fork. Stir in egg, milk, jam and oil. Add sweet potato mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Spoon batter into muffin cups 3/4 full. Bake at 400° for 18 to 20 minutes or until golden and toothpick comes out clean. Cool on wire rack 5 minutes. Remove from muffin cups, cool slightly. Drizzle muffins with jam icing. Makes 12 muffins.

### **Jam icing**

In a small bowl stir together 3/4 cup sifted powdered sugar, 1 tbsp. fruit jam or preserves, 1/4 tsp vanilla, 2-3 tsp milk, enough to make icing drizzling consistency. Makes 1/4 cup.